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Men's Health

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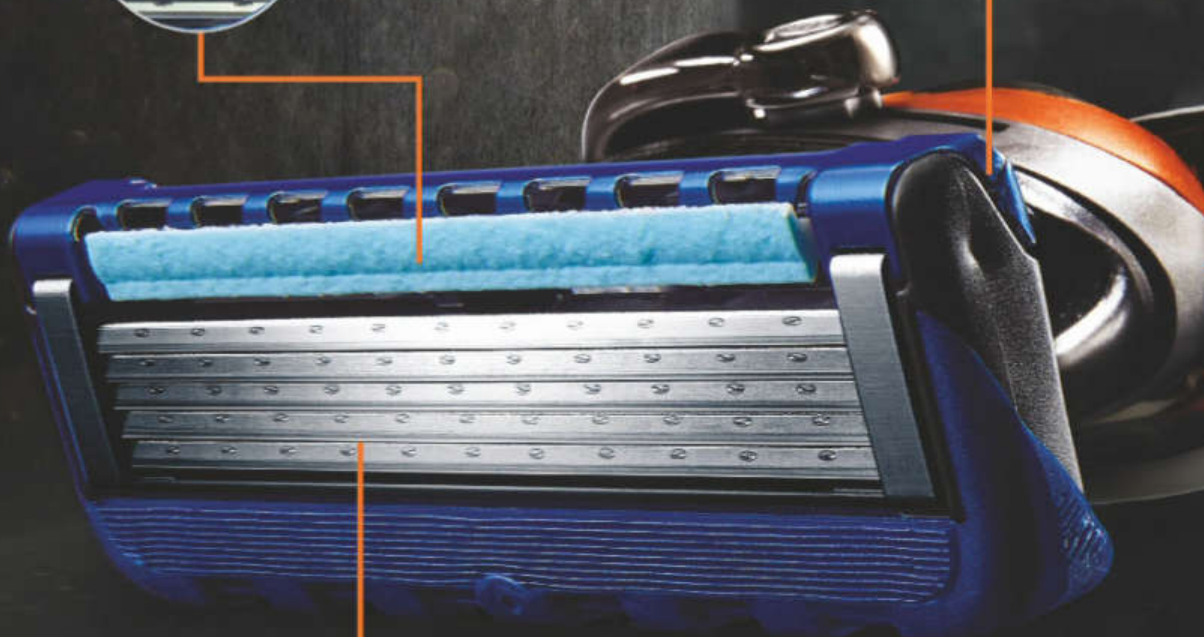


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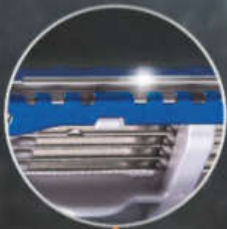
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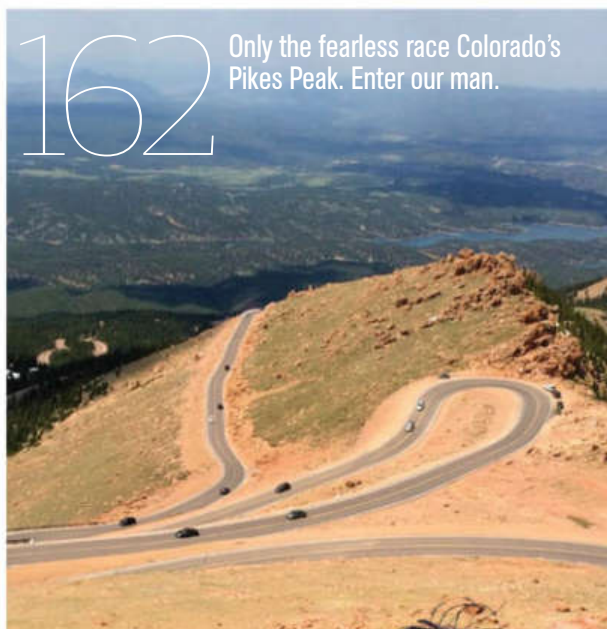
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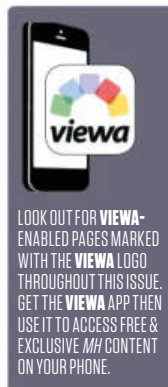
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Tough cameras will capture those moments when you're at full tilt. We put you in the picture on five of the best.



MH COVER GUY
KYLE PRYOR
PHOTOGRAPHED BY
JASON IERACE



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“Technology was supposed to help you do more than one thing at a time. The trouble is, it succeeded”

Bulletproof Your Brain

It's official: you now have a shorter attention span than a goldfish. A study from Microsoft earlier this year found that people now generally lose concentration after just eight seconds. The goldfish, on the other hand, can manage nine full seconds before it suddenly realises that it's forgotten where it left the car keys.

Predictably, the study's Canadian researchers blame the digital age for our growing failure to focus. Glued to our smartphones, we are willingly drowning in an overload of information. Rapid-fire updates from the internet, email and social media are stimulating and often vital(ish) to our lives and jobs. But they've also proven utterly addictive.

If you're anything like me, you now watch TV while multi-screening on your iPad. Lying in bed, you compulsively reply to the bleep of a work email at 11pm. Somehow you've become physically unable to walk to the corner-shop without checking Twitter *en route*. Technology was supposed to help you do more than one thing at a time. The trouble is, it succeeded.

Aaron Scott explores how you can tame this very modern phenomenon in his story about digital multitasking and its foggy-brained perils on page 126. One quote, in particular, hit home for me. “Life's not going to get easier,” says mindfulness consultant, Neera Scott. “It's not going to get slower and it's not going to get more simple.”

The underlying message is clear: the madness is not going to relent. The smart move, therefore, is to arm yourself with the necessary tactics to regain control and protect your mental mojo. Enough with being absent-minded - it's time you returned to the present.

PS. Need fresh motivation to get into epic shape? Our Men's Health Man competition is back for its seventh year. Thanks to our great partnership with Rexona, the winner will appear on the cover of our June issue, scoop \$10,000 and get to write for Men's Health. Turn to page 142 for details.

Luke Benedictus

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The *MH* team are proud supporters of Movember. Follow their feeble efforts across our social media feeds. See p168 for details

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Expert advice from
Yianni Tsimopoulos
CTA, FAIM, ATIA, AFA,
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1

Get your priorities right

"I've never been a big spender and my wife's the same. We've never really wanted a flashy car - it's something we didn't feel we needed. What we *did* want was our own home, so we worked hard to get it, saving \$30,000 for a deposit. You need to set in stone what your goal is and realise all expenditure adds up."

2

Invest in bricks and mortar

"I purchased my first investment property a few years back when I was 26. It's a townhouse in Mawson Lakes, Adelaide, an area I know well. If you live in an area and know how it works in terms of schools and shops, it's much easier to make an informed decision about property compared to an area you have no idea about."

3

Be a business success story

"I took a lot of risk when I was young. I finished my degree, worked at H&R Block, then my father let me come into his business. While not earning much, I put a lot of money into the practice - and it was hard. You have to ask yourself what you're trying to achieve. Do you want to make a mark? Or just be happy and comfortable?"

4

Invest with the long view

"I don't look at the share market every two seconds. My wife and I have started a portfolio in our daughter's name. We allocate \$200 a week for investing. When we reach a certain point, we buy into companies in the ASX 100 that are unlikely to collapse. The sharemarket is volatile, but we understand it's a long-term investment."

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Start Making The Big Bucks

Living from pay cheque to pay cheque is a stellar approach to financial management if your plan is to achieve nothing. "A lot of guys don't even know where their money goes. Consequently, they live beyond their means," says Yianni Tsimopoulos, managing director of Nationwide Wealth Advisers. Ready to start pursuing wealth creation and financial security like a pro? "Your first step is to sit down and work out exactly what it is you want, then to start allocating funds towards that goal."

TWO-SECOND LIFESAVERS

MUNCH CHOCOLATE FOR A MOOD BOOST

Chocolate promotes feel-good sensations via its taste, texture, and the release of gut and brain peptides. Keep in mind, though, that it's not a formal antidepressant and its capacity to raise serotonin in the brain is low. One SSRI antidepressant equates to a truck-load of chocolate.



GORDON PARKER
Scientia Professor of Psychiatry,
University of NSW

SHED UNWANTED KILOS PAINLESSLY

Successful weight loss isn't about starving yourself. If you find that you're constantly hungry, you're doing something wrong. Eat cleanly every few hours, putting most of your carbohydrates around your workouts. Simple.



CAMERON BYRNES
Personal trainer

GO GREEN IN THE AM

An easy way to up your vegetable intake is to have some at brekky. Why not? They go great with eggs and help to bring your plate alive visually. Plonk a couple of poached eggs on top of a bed of pan-cooked kale, spinach and parsley, seasoned and drizzled with olive oil. Add some brown rice if you want extra carbs.



LUKE HINES
Co-author, *Clean Living* cookbook series



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Ask MH

LIFE QUESTIONS, ANSWERED

Q How do I resist the urge to text while driving? *BS*

Three steps: open boot, insert phone, close boot. Studies show that even when people put their phone on silent, they still feel compelled to check the thing at any given opportunity. According to technology-addiction expert Dr David Greenfield, we may crave the dopamine rush that receiving info produces. So after you stow your phone, crank up the tunes - listening to a favourite song can trigger a similar dopamine hit, a study published in *Nature Neuroscience* found. Need your phone's GPS? The app SafeCell 360 (\$3.79, Android and iOS) can disable incoming and outgoing texts whenever you exceed 8km/h.

Texting behind the wheel makes you up to 23 times more likely to crash.



Q My doctor says half of all men get cancer at some point. How do I up my chances of defeating it? *DM*

Nothing beats a good bedside manner, eh? The good news is five-year survival rates are double what they were 40 years ago: 46 per cent of men who contract the Big C now survive. If you are diagnosed, there are ways to improve your odds. Sleep and exercise isn't a radical prescription but it will curb unstable molecules which increase cancer severity.

Maintaining muscle mass with low-intensity exercise such as yoga also helps. Diet-wise, call in reinforcements via fermented foods such as sauerkraut. The *Journal of Agricultural and Food Chemistry* found fermented cabbage is particularly rich in isothiocyanates, which inhibit tumour growth. The writing may be on the wall - but you don't have to read it. ➤

DOLCE & GABBANA

light blue



Q Is pricier organic wine any better for my health than the standard plonk? *JC*

We never tire of extolling the virtues of red wine, but we're no snobs at *MH*. The fact is, choosing a bottle with an ethical label does more for your conscience than your body. Organic wine isn't always gentler on your head. A French (*quelle surprise*) study published in *Que Choisir* magazine discovered pesticides in each of the 92 wines they tested, including organic varieties. Meanwhile, certified tipples can still contain sulphur dioxide, which contributes to tomorrow's thumper. In short, only your tastebuds will benefit from the best bottle you can afford, organic or otherwise. But your health is better served by splitting that bottle between two.

Q I get blisters during long runs. What's the best way to speed the healing process? *ES*

The old to-pop-or-not-to-pop chestnut... Here's your definitive answer: pop. Draining a blister by puncturing it with a needle is the fastest way to help it heal, says Dr Robert Eckles, dean of clinical studies at the New York College of Podiatric Medicine. But before you prick yourself, make sure it's not a blood blister. If you see red, or if you have diabetes (which can delay wound healing), let your doctor handle the operation. All clear? Douse a cotton ball with 70 per cent isopropyl alcohol and swab the area. Then use the isopropyl alcohol to

disinfect the needle. (Don't put needle to flame – carbon particles could cause further infection.) Now puncture the bubble and gently drain the blister into the cotton ball, leaving the excess skin there to protect the underlying tissue. During the day, cover the wound with a non-stick bandage. At night, remove the bandage so the area can dry out. To outpace blisters on your next run, reduce moisture and friction by wearing two pairs of thin running socks made of synthetic fibres – cotton isn't as effective at wicking away moisture.

Q Despite eating well and training, I still have a gut. What gives? *RW*

A summer six-pack isn't made with planks and protein alone. Flexibility is crucial, and men are notoriously unwilling to bend. Tight hip flexors alter the way you recruit your glutes, which can cause "anterior pelvic tilt" – or in laymen's terms, a pot belly. It's usually the result of too much sitting. Opening up your hip flexors will restore your pelvic positioning. Start with a foam roller: "Roll your quads before and after every gym session and perform more glutes exercises such as squats," says strength coach Peter Parasiliti. Still failing your potential? It's time to flex.

STRETCH OUT ON THE COUCH

Kelly Starrett, author of the natural movement bible *Becoming a Supple Leopard*, talks you through a single stretch that can change your whole posture



STEP 1

Kneel in front of your couch, facing away from it (and towards the TV, if you fancy). Rest one leg against the couch.



STEP 2

Shift your knee back and lift your shin so your foot is at the top of the couch arm. Push back until your shin is flat.



STEP 3

Sit back to get your glutes as close to your heel as possible; push your hip forward to finish the stretch. ➤

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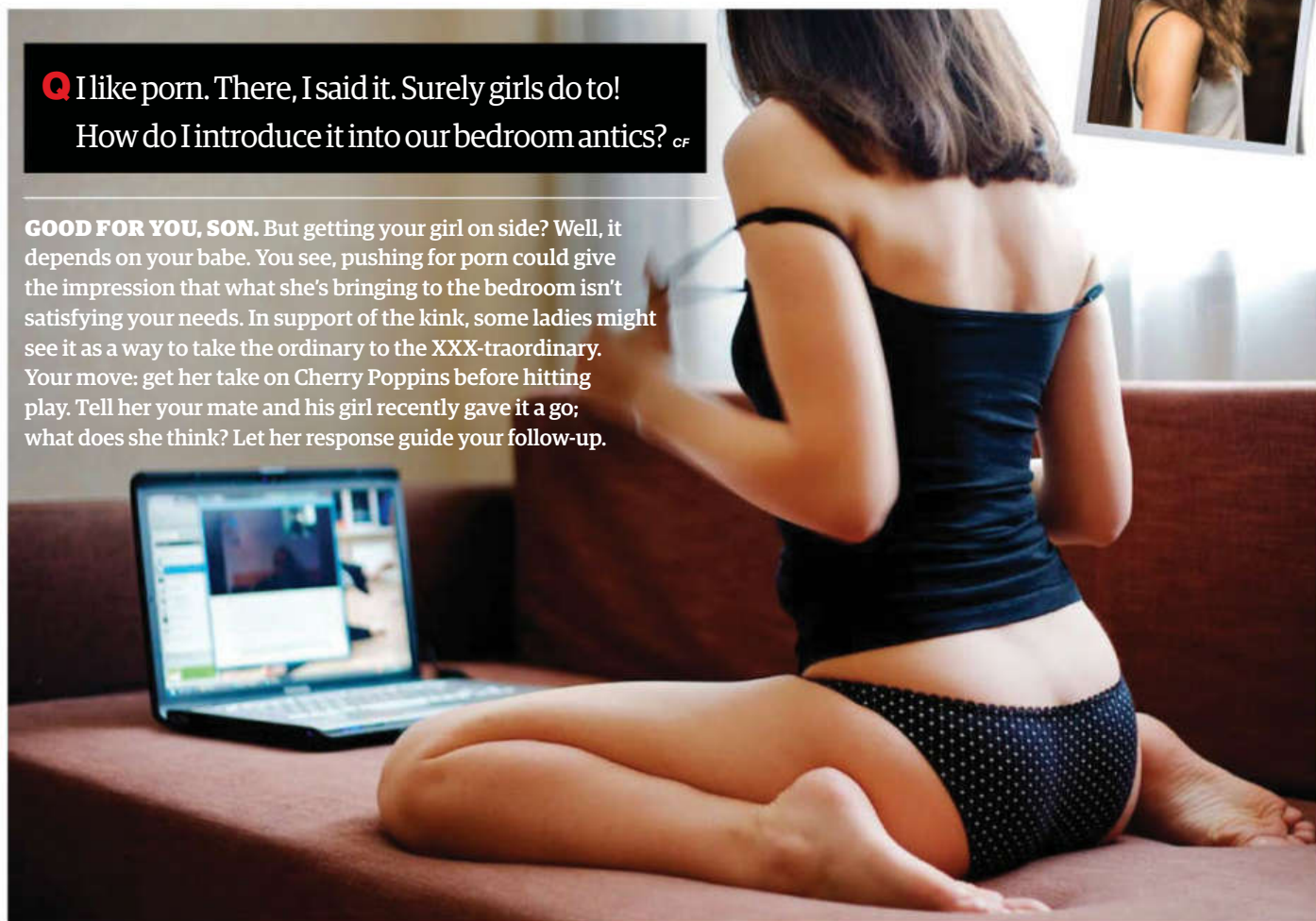
Ask The Girl Next Door

SEX, DATING, LOVE AND PORN. ALICE TRELOAR WILL NOW TAKE YOUR QUESTIONS



Q I like porn. There, I said it. Surely girls do to!
How do I introduce it into our bedroom antics? *CF*

GOOD FOR YOU, SON. But getting your girl on side? Well, it depends on your babe. You see, pushing for porn could give the impression that what she's bringing to the bedroom isn't satisfying your needs. In support of the kink, some ladies might see it as a way to take the ordinary to the XXX-traordinary. Your move: get her take on Cherry Poppins before hitting play. Tell her your mate and his girl recently gave it a go; what does she think? Let her response guide your follow-up.



Q She wants me to delete photos of my exes on Facebook. She's being a psycho, right?

TS

A little bit. That's assuming you're not giving her a reason to fret. If your past sweetheart is still making a cameo in your profile picture, or you're LOL-ing over albums from yesteryear, it's time to click refresh. But if the (former) happy snaps are sitting at the bottom of your newsfeed, reassure your lady that they're just that – old news. She needs to be looped in to an important fact: deleting images from the past won't wipe your relationship history. She needs to make like Oprah and live in the now.

Q Last year I did Movember and I kind of like the results. I'm backing up this year. What's the female take on mos?

BB

Mos for the win! I'm an enthusiastic, loyal and probably lone member of the 'Tache Appreciation Club. Sure, face furniture can be a risky manscaping move but I haven't met a moustache that I didn't enjoy. Whether you're partial to a Super Mario design or prefer to round it out with a Van Dyke number, remember moisturiser to keep shedding at bay, trim when necessary and comb out crumbs. We always appreciate an offer to share food, but not when you've tasted it first.

Q I'm proposing. Do I ask the old man's blessing first? *NK*

Yep. It's about respect. Sure, asking for Dad's consent is an almost extinct tradition, but it's a nice declaration of your intentions from his potential son-in-law. Aim to do it face-to-face. A text message, even full of cleverly-combined emojis, won't cut it. Ditto for a phone call. Sit down with the old guy and explain why you want to marry his girl. Choose specifics over clichés, like how she can make you laugh even when your Fantasy Footy team notches up its seventh straight loss. And crack open a beer. It'll calm rattled nerves and is a nice nod to hospitality.

One-Line Winners

There's an art to writing an inviting opening line, says Julia Spira, author of *The Perils of Cyber Dating*

SAY THIS NOT THAT

How are you? **Wat u up to?**

Netspeak will tank your reply rate, an OkCupid survey found.

Crunchy or smooth? **Hey**

A nod to a profile quirk (like her love of peanut butter) shows that you didn't just drool over the bikini shot.

Are you from Melbourne originally? **Saw on FB that you grew up in Perth**

Don't talk about her other profiles until you've had a few dates – she might think you're a stalker.

Any favourite trails? **You're hot and you like hiking?!**

Compliments about her body, no matter how politely delivered, make you sound crude.

Got a question for Ask Men's Health or The Girl Next Door? Email menshealth@pacificmags.com.au or head to yahoo7.com.au/menshealth

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A day at the races is an occasion with the emphasis on *fun*. What you wear should reflect that feel-good spirit. A well-cut suit is, of course, essential as the bedrock of your look. But then you have to complete the package. From your shirt and tie combo to your pocket square and lapel pin, nailing the details will inject the personality and style to ensure you stand out from the crowd.

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NEWS THAT IMPROVES YOU

PULSE

LIFT AWAY BACK PAIN

Get back to basics: deadlifting can ease mild (repeat: *mild*) lower-back pain by teaching you to activate stabilising muscles around your spine, say researchers from Umea University in Sweden. "Deadlifts also strengthen your glutes, which are often weak in men who have lower-back pain," says study author Dr Lars Berglund. If you're going to lift through the pain, make sure you prioritise form over weight. And check in with your GP first - back pain, including nerve pain, often goes untreated among men.



BARBELL DEADLIFT

Roll the bar against your shins and grab it using an overhand grip that's just beyond shoulder width. Pull up, thrusting your hips forward as you stand. Lower the bar and repeat.

28 FITNESS

30 HEALTH

32 NUTRITION

34 SEX

36 WEIGHT LOSS

0%

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CHANGE IN
PEOPLE'S
STRENGTH WHEN
THEY LIFTED
WEIGHTS WHILE
WEARING
KINESIO TAPE.

SOURCE: JOURNAL
OF SCIENCE AND
MEDICINE IN SPORT

IMBALANCE OF POWER

Next time you squat, skip the plates and hang kettlebells from the bar instead. Lifting an unstable load engages more muscle throughout your body, a *Journal of Strength and Conditioning Research* study reveals. How much more? The researchers found that activation in participants' quads, calves and core rose 13, 72 and 86 per cent, respectively. Do this: grab kettlebells that total 50-60 per cent of the weight you normally squat, and hang them from the bar with resistance bands, as shown. Do five sets of 15 reps. This technique also works for the bench press.



MOVE LESS, GROW MORE

Stay still to bolster your core: isometric exercises may be the best way to train your mid-section, according to researchers at the University of Waterloo at Ontario. They found exercises requiring you to hold a rigid position (like the ones below) boost core stability more than those that don't. "Isometric moves not only extend your core's time under tension, but also reinforce its primary job: staying stiff to protect your spine and transfer energy between your limbs," says study author Dr Stuart McGill.



SNATCH AND GRAB

You can add kettlebells to your cardio routine, too. If muscle growth and kilojoule burning weren't enough, kettlebell snatches could boost your aerobic capacity. In a study at San Jose State University, soccer players who did three sessions of high-intensity kettlebell snatches a week for four weeks boosted their VO_2 max by six per cent, compared with those who did circuit training.

Hard-Core Triple Play

Each time you train, perform the following moves; they're what McGill calls the "Big Three" of abs exercises. Do five sets of five reps per exercise, resting as needed between sets.



Plank

Assume a push-up position, but support your weight on your forearms. Hold for 10 seconds. That's one rep. Rest briefly (2-3 seconds) between reps, lowering your hips to the floor.



Bird Dog

Get on your hands and knees and raise your left arm and right leg until they're in line with your body. Hold for 10 seconds. Repeat with your right arm and left leg; that's one rep. Rest briefly.



Side Plank

Lie on your left side, your legs straight and upper body propped on your left forearm. Raise your hips. Now hold for 10 seconds and repeat on your right side; that's one rep. Rest briefly.

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Mr. Raymond Weil's other great passion was undoubtedly aviation. He was a true pilot and particularly loved to fly his Piper aircraft around the Matterhorn. In his honour, a unique freelancer Pilot special edition watch was created in partnership with legendary general aviation manufacturer Piper Aircraft Inc.

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1/5

PROPORTION BY WHICH MUSIC REDUCED PAIN IN PATIENTS WHO'D JUST UNDERGONE SURGERY.
SOURCE: BRUNEL UNIVERSITY

HAZED & CONFUSED

Get your head out of the exhaust clouds. Exposure to air pollution may affect the size of your brain, a Harvard study suggests. The findings linked living in areas of poor air quality to smaller brain volume - the equivalent of about a year of brain ageing. Study author Dr Elissa Wilker explains that tiny toxic particles can lodge in your lungs, causing widespread inflammation that may lead to cerebrovascular damage.



WEIRD SCIENCE



Flirting on sunny days is more likely to result in success.

SOURCE: SOCIAL INFLUENCE JOURNAL

STOP THE CLOCK



Long days at the office could be lining your arteries rather than your pockets. A University College London study has found working 55 hours or more a week is linked to a 33 per cent greater risk of stroke and a 13 per cent increased risk of heart disease, compared with working a standard 40-hour week. Study author Mika Kivimäki put the increased risk down to "physical inactivity and higher alcohol consumption, as well as repetitive triggering of the stress response".

DON'T TOUCH THAT

The Kitchen Dishcloth

Bag the rag. When researchers at Kansas State University had people prepare a meal containing raw meat and then make fruit salad, they found that the towels they used harboured more bacteria than the countertops, the sink tap and the bin handle. Study author Dr Jeannie Sneed says we tend to unconsciously touch the cloth with germ-ridden hands or use it to dry them after inadequate washing (less than 20 seconds of scrubbing). If you can't correct these microbial missteps, use paper towels and bin them after use.

A full-page advertisement featuring two men standing on a sandy beach under a cloudy sky. Both men are wearing dark blue suits. The man on the left has light brown hair and a beard, wearing a light pink checkered shirt and a dark blue striped tie. The man on the right has dark, curly hair and a beard, wearing a light blue striped shirt and a red tie with white polka dots. Both suits have patterned pocket squares. The text 'M.J. BALE' is centered in a large, white, serif font, with a horizontal line above and below it. Below this, 'TWO SUITS *for* A GRAND' is written in a smaller, white, serif font, also with horizontal lines above and below it.

M.J. BALE

TWO SUITS *for* A GRAND

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mjbale.com

 COOL
WOOL



SNACK FIRST, THEN SHOP

Eat a healthy snack, like a piece of fruit, before you go grocery shopping. This can trick you into buying 25 per cent more fruit and veg than if you hadn't snacked.

How It Works Healthy noshing before buying food primes your brain for the decisions you'll make inside the supermarket, according to Cornell University scientists.

DISEASE DEFENCE

AVOID A BUM DIAGNOSIS

Drink milk, save your arse: calcium may help stave off colon cancer, an *International Journal of Cancer* study suggests. People who took in an extra 300 milligrams of calcium a day – the amount in an average glass of milk – cut their chances of developing high-risk colorectal growths by 11 per cent. Calcium binds to excess bile acids, neutralising their carcinogenic effects.

FLAX OF LIFE



Feeling hypertense about hypertension? Eat flaxseed to keep your blood pressure in check, say scientists from Griffith University. People who ate 2-4 tablespoons of whole or ground flaxseed daily saw their systolic BP drop by 3.4 points, enough to cut their stroke risk by 10 per cent. The alpha-linolenic acid in flax may reduce the amount of fatty-acid by-products in your blood, preventing narrowing and blockage of arteries, the researchers say. Toss whole seeds on soups, salads and cereals.

PULSE NUTRITION

25

Percentage less fibre in frozen carrots than in fresh.

SOURCE: JOURNAL OF AGRICULTURAL AND FOOD CHEMISTRY

20

Percentage reduction in risk of early death through consuming high levels of vitamin C from fruit and vegetables.

SOURCE: AMERICAN JOURNAL OF CLINICAL NUTRITION



GET CRACKIN'

Scramble your defences: according to a study at the University of Eastern Finland, eggs could help protect you against type 2 diabetes. Men who downed at least four medium-size eggs a week had a 37 per cent lower risk of the disease than those who ate one egg or less. Antioxidant carotenoids in yolks may fight the chronic inflammation associated with type 2 diabetes, the researchers say. They recommend at least an egg a day for the maximum benefit.

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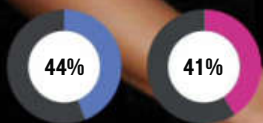
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WHAT'S KNOT TO LIKE?

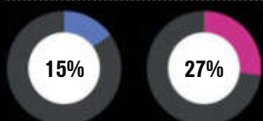
Can tying her down free her up? Women who are into BDSM say it helps them worry less about staying aroused, a multi-institutional Portuguese study reveals. And removing that stress can lead to more satisfaction. Men also say kinky practices reduce their anxieties about staying hard and achieving orgasm. "BDSM broadens the ways you can have sex," says Dr Richard Sprott, co-author of *Sexual Outsiders*. "If one particular area feels uncomfortable or doesn't work very well, there are other ways."

WHO'S INTO IT MORE?

■ MEN ■ WOMEN



HUMILIATION



INFLECTING PAIN



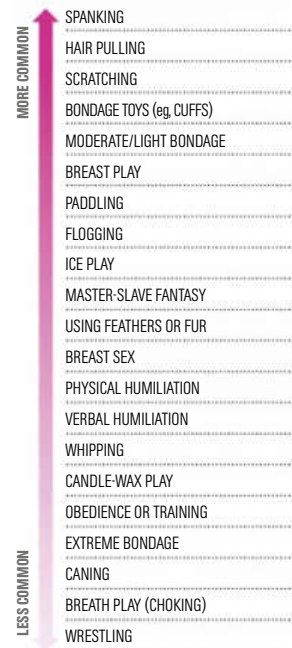
PHYSICAL RESTRAINTS

SOURCE: JOURNAL OF SEXUAL MEDICINE (PORTUGUESE SURVEY OF 66 BDSM PARTICIPANTS)

PULSE

SEX

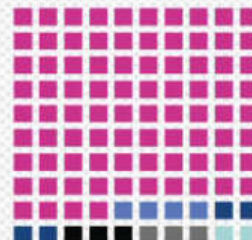
WHAT KINKY WOMEN DO



SOURCE: ARCHIVES OF SEXUAL BEHAVIOUR

SECRET PLACES

Where does this stuff happen? Mostly at home.



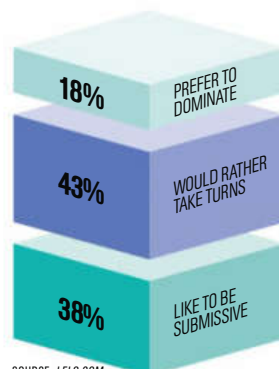
● HOME ● HOTEL ● BDSM CLUB
● CAR ● OTHER ● WORKPLACE

EACH SQUARE REPRESENTS ONE PER CENT.

SOURCE: JOURNAL OF SEXUAL MEDICINE

THE POWER EQUATION

More people want to be dominated than dominate, but taking turns is most popular



SOURCE: LELO.COM

DIANA SCHEUNEMANN

28

AVERAGE AGE WHEN PEOPLE START TO DABBLE IN KINKY SEX

SOURCE: JOURNAL OF SEXUAL MEDICINE

LOSE THE CHEST STRAP

Strap-free Heart Rate Monitoring



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- See real-time training information
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SLOW DOWN TO SLIM DOWN

You don't need heavy exertion to cut your gut: low-intensity exercise can deflate your spare tire just as effectively as high-intensity exercise, suggests research published in *Annals of Internal Medicine*. After six months of treadmill training, the study participants had the same success – 4.5 centimetres from their belly – whether they burned 2400 kilojoules the hard way (in 40 minutes) or the easy way (in 60 minutes). “When it comes to abdominal obesity, intensity makes no difference,” says study author Dr Robert Ross. The “easy” group walked or jogged at 50 per cent of their VO_2 max five days a week.

PULSE WEIGHT LOSS



Red Looks Good On You

Here's a winning colour combo: eating red and purple produce may help you shed kilos, according to a study in the *European Journal of Clinical Nutrition*. Men who piled their plates with foods like watermelon, Spanish onion, red grapes and tomatoes put on less weight and had smaller waists than those who ate more green, yellow, orange and white produce. The variety of nutrients found in red and purple foods – lycopene, potassium and carotenoids – may be key to keeping the kilograms off for good, the researchers say.

500

Millilitres of water drunk before meals by men who lost 4.3kg over 12 weeks.

SOURCE: OBESITY



LOSING STRATEGY

EAT FOUR MEALS A DAY

Pack a second light lunch for work and eat it before you head home for dinner.

Why It Works

A light meal – like cheese and fruit – can help you cut kilojoules at dinner. A Spanish study published in the journal *Appetite* found that people who ate *merienda*, a small meal traditionally eaten in southern Europe between lunch and dinner, were 36 per cent less likely to have abdominal obesity than those who didn't partake of the extra meal.

5.8

NUMBER OF KILOS MEN LOST WHEN THEIR DOCTOR TOLD THEM THEY HAD TO LOSE WEIGHT. SOURCE: ECONOMICS & HUMAN BIOLOGY

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11/15

PERSONAL BEST

Pryor Commitment

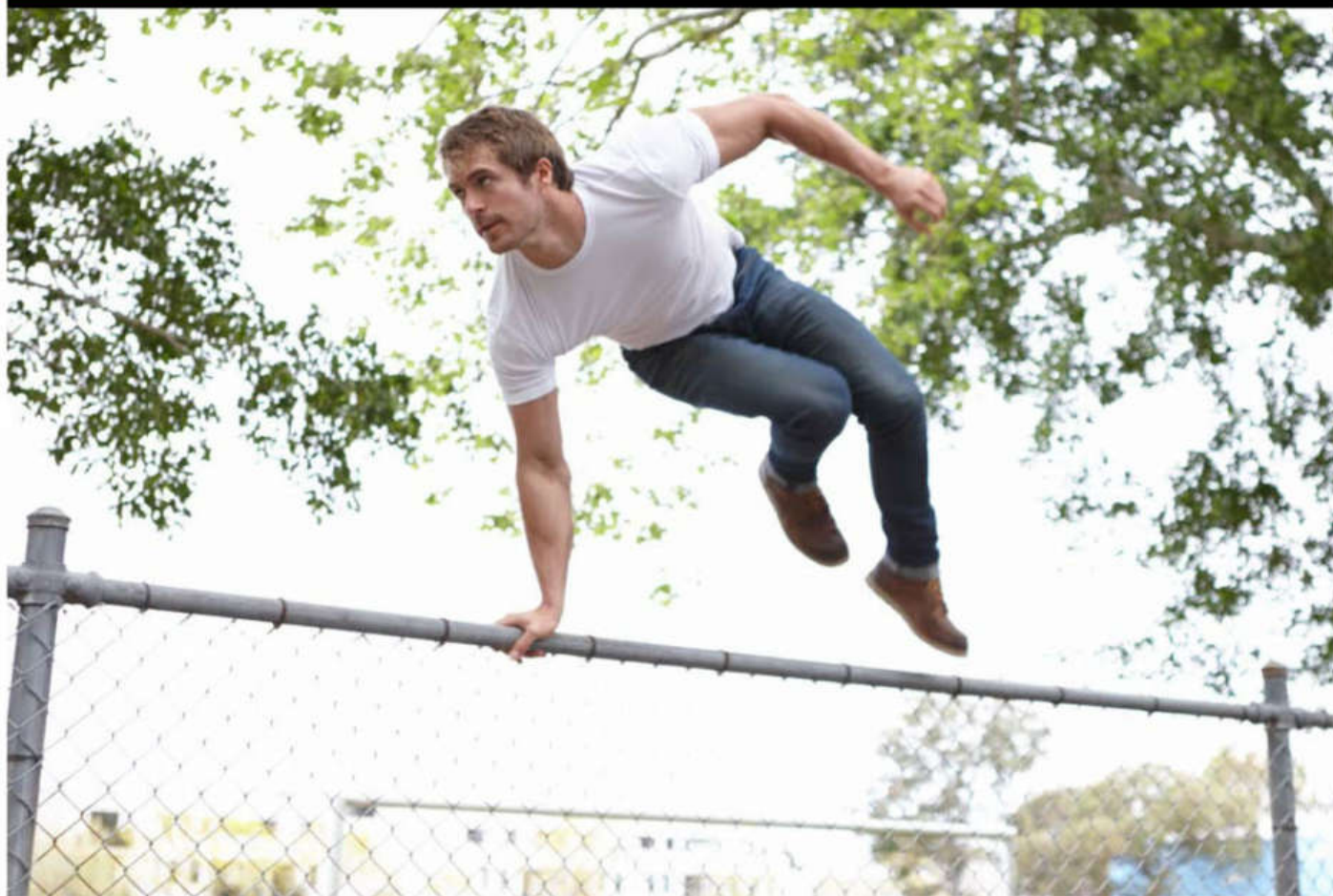
Behind actor Kyle Pryor's easy-going manner burns a zeal for pushing his body to its limits. Matching him could blaze a trail to a future of your choice »»

[BY DANIEL WILLIAMS PHOTOGRAPHY BY KRISTIAN TAYLOR-WOOD]





"I never want to
wonder, what if?"
Sound theory -
stunning results.



THE PHOTOGRAPHER wants Kyle Pryor to be on the other side of this two-metre fence in a quiet pocket of inner Sydney, and is looking up and down the street for a gate. But with a wave of his hand, Pryor scales the fence like it's nothing, pausing at the top for dramatic effect before pushing off for his dismount, which he sticks with an expert give of the knees.

It's a show of physicality suggesting a background in martial arts or stunt work. In fact, it's both. Pryor packed in plenty of living and learning before becoming Dr Nate Cooper in Channel 7's flagship soap *Home and Away* – a part he's nothing if not grateful for. "Pursuing acting's a tough gig," he says. "It's very rare that you actually land a role."

Though prudence stops him from speculating about bigger parts that lie ahead, *Home and Away*'s knack for giving breaks to up-and-comers who go on to become Hollywood titans is incontestable. Simon Baker, Ryan Kwanten, Chris Hemsworth, the late Heath Ledger... that's a mere sample of the acting talent that once populated Summer Bay.

On the face of it, 32-year-old Pryor has what it takes to duplicate these guys' career trajectories – just not the audacity to predict it. "But I'll tell you this," he says: "I never rule anything out." That obstacle he cleared on the street a few minutes ago? He's been

PRYOR CLINGS TO A CONSTANT: THE PURSUIT OF FITNESS. "IT'S SAVED ME AT TIMES," HE SAYS.

clearing them his whole life. Fortune's handed him very little. What he possesses – his coveted job, his Harley, the best set of abs in Australian showbiz – he's earned the hard way.

Through spells of poverty and loneliness abroad, Pryor's clung to a constant: the pursuit of fitness. It's served him well. More than that: "It's saved me at times," he says.

BREAK YOUR RESTRAINTS

These days his default expression is the hint of a smile, but it wasn't always thus.

English-born Pryor was six when his parents split, dispatching he and his mum to live in a caravan in Dorset in the country's southwest. The mother worked as a receptionist to feed them, and the boy observed her struggle from up close.

"That's where my work ethic comes from," says Pryor. "Growing up in those surroundings, it gave me a hunger to succeed." It also instilled a humility and sense of perspective that Pryor exudes in conversation. "If you come from that, it gives you a respect for anyone who's battling."

The caravan couldn't hold him. He was too exuberant. Reruns of his favourite Bruce Lee flicks would launch him outside into the surrounding fields, where he'd practise fight moves and sprint up the grassy hills until he collapsed with exhaustion. In Pryor's tiny bedroom, there was just enough space to perform push-ups, sit-ups and squats. The look and feel of fitness enthralled him.

TAKE YOUR KNOCKS

Pryor reached Summer Bay via New Zealand. By his early twenties he knew he wanted to act for a living, and crossing the world with his mum hardened his resolve. "I made a pact with myself," he says. "Whatever it took, I would pursue my dreams."

After years of stunt work, acting classes and knockbacks, Pryor got a break: a part in *Spartacus: Blood and Sand*. That meant a pre-filming boot camp – full-on four-hour sweat sessions, five days a week, for two months. Already in solid physical shape, Pryor got off easy compared with most of the cast. But the experience rammed home for him the

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body's incredible capacity to absorb punishment – and it's equally incredible capacity to adapt.

It's a notion he's forever exploring. Lift and eat big to get bulky? Yep, he's done that. What about shredded to the core? You bet. To prepare for this year's *Celebrity MH Man*, Pryor teamed with *MH* Fitness Adviser Greg Joujon-Roche with the aim of dropping five kilos in eight weeks. Between learning scripts and shooting for *Home and Away*, Pryor squeezed in 90-minute HIIT workouts that would have broken a weaker man.

"I've done boxing and taekwondo training that was very hard, but for all-round body conditioning I've never done anything as tough as what I did with Greg," he says, wincing at the memory. "It was running, then weights, then back on the treadmill for another minute, then more weights, including supersets. There was plenty of discomfort – but it got the results."

Sure did. When the day arrived and Pryor removed his T-shirt for the shoot, the results spoke for themselves. The man was a beast.

"The way my mind works, I just wanted to make sure that the shape I showed up in that day was the best I could have achieved," he explains. "It's always been about recognising what seem to be my limits and pushing through those. I've always said to myself, 'I never want to wonder, what if?'"

The guy on the cover of this magazine tipped the scales at 78kg when we shot him. He's now about 80, still looking great while eating a little more and dabbling in workouts emphasising functional fitness rather than any particular aesthetic. His go-to piece of equipment right now: the Olympic rings. "It's so easy to fall into habit, to do the same things you've always done. I'm trying to shake things up."

Shaking things up also means getting off his own case now and then.

Instinctively hard on himself, Pryor is trying to use workouts as a form of meditation or release, instead of pure physical battery. But that's only part of being kinder to the man in the mirror.

"You have to remind yourself to back off the gas sometimes, to enjoy your successes and not be constantly focused on the next thing."

Sound advice, even if it's coming from a guy who could be the Next Big Thing. ■

GET SHOW-STOPPING ABS

Pryor carved his midsection with strict attention to diet and this killer six-exercise circuit. Do three sets of it, three times a week, to build your very own centre of excellence



Windshield wiper

A Hang from a chin-up bar, keeping your legs straight, then raise them until your knees are roughly level with your eye line.

B With core locked, move your legs in a controlled fashion from side to side.

Too hard? From the hanging position, raise your knees until your thighs are perpendicular to the floor. Hold, lower and repeat.

Roundhouse kick

A Stand 2m away from a heavy punching bag.

B Step in and, alternating legs, strike the bag repeatedly with roundhouse kicks, feeling the movement in your obliques.



Medicine-ball throw

(to a partner)

A Stand 1-2 metres from your training partner. With hands above your head, throw a 5kg med ball to them.

B When it's thrown back, catch the ball in front of your chest, hands pointing up.

Too hard? Use a lighter med ball.



Dragon flag

A Lie on your back on a flat bench, hands gripping something stable behind your head.

B Raise your hips and legs off the bench, then slowly lower to the start position.

Too hard? Lie on the floor, raising straight legs to 45°. Hold, then slowly lower.

Twisting crunch

A Lie on your back, feet flat on the floor.

B Crunch your upper body towards your knees, rotating left and right at the top of the movement.

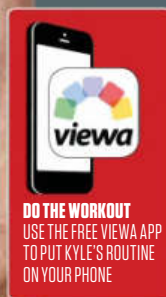
Too hard? Scrap the twisting, especially if your lower back is suspect.



Plank into side plank

A Taking the weight of your body on your elbows and toes, hold this position for 30-90 seconds, depending on capability.

B Without resting, shift to side planks (right-arm supported, then left), holding each position for 30-60 seconds.

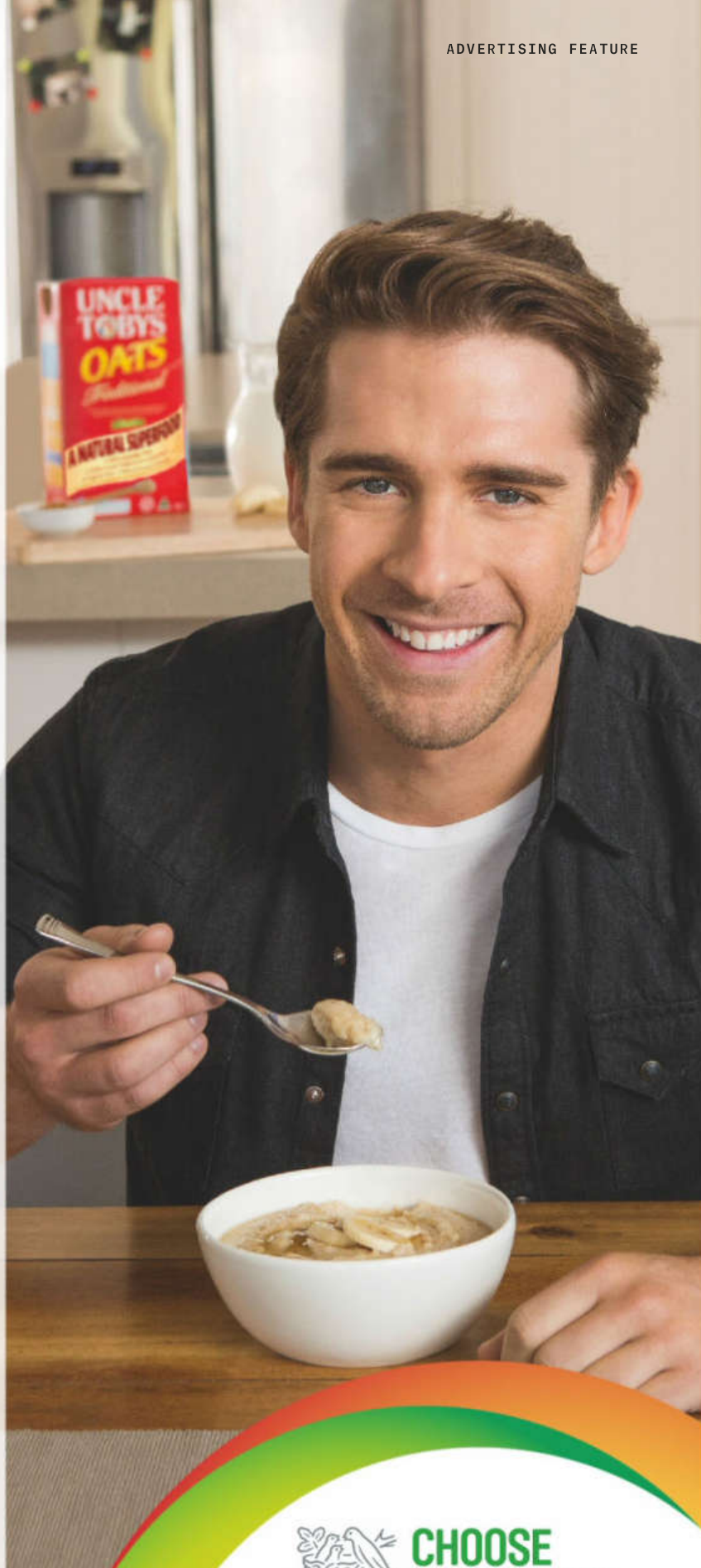


WHAT'S WELLNESS TO ME?

“ Growing up, I loved to kickstart my day with a bowl of Uncle Tobys Oats and honey ... yum! Today, I still count on the great taste and wholesome wholegrains of Uncle Tobys Oats topped with fruit to get me going **”**

Hugh Sheridan, Actor

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LOWER YOUR BP BY 8:00AM

Start your day right, and you're less likely to end it in the emergency department. Here's a delicious way to decrease your stroke risk - at breakfast

Here's a heart-stopping fact: an estimated one in three Australian men between the ages of 30 and 65 have high blood pressure, according to a Heart Foundation survey. Heredity may have something to do with it, but eating poorly can also lead to hypertension. And that pounding sensation in your temples puts you at risk for the two biggest killers of men: stroke and heart attack.

The good news is that eating smart may help keep your BP in check. It all starts in the kitchen: a 2013 study from the University of Minnesota found that people who ate breakfast most often were less likely to develop high blood pressure than those who rarely ate it. So fire up this easy at-home brekky tomorrow, and live to eat many more.

WHAT YOU'LL NEED

- OAT BRAN
- EGGS
- BLUEBERRIES
- A KETTLE
- GREEN TEA
- A WINDOW SEAT

HOW TO DO IT

1. If you're still eating from a box with a cartoon character on it, it's time your tastebuds grew up. Hearty, creamy oat bran cereal delivers a wholesome payload of beta glucan, a type of fibre that may lower BP more effectively than other types, found a study from Guangdong Medical College. Plus, oat bran is a great base for sweet or savoury flavours.

2. As a second course, fry up two eggs. In a 2012 Tulane University study, men who ate the most protein (about 30 per cent of their daily kilojoules) had lower blood pressure than those who took in the least. If you've got a mighty appetite going on, add avocado, smoked salmon, black pepper and chilli sauce.

3. Tuck into a handful of blueberries. A Harvard study found that men who ate around half a cup of blueberries every week had 10 per cent lower blood pressure than people who were berry bereft. It's all about the powerful plant compounds, known as anthocyanins, found in the berries.

4. Use the kettle to brew green tea. Five or six cups a day (fill your travel mug) can cut systolic blood pressure by two points, a study in the *British Journal of Nutrition* found. Research suggests that EGCG, a polyphenol in the tea, may help combat BP-elevating inflammation.

5. Now grab that window seat. In a 2014 study published in the *Journal of Investigative Dermatology*, people exposed to 20 minutes of UVA light saw their blood pressure drop two points lower than that of a control group. UVA may help circulate nitric oxide in your blood, which regulates blood pressure and lowers stroke risk.

WHAT'S WELLNESS TO ME?

"For me, that healthy Aussie lifestyle started as a kid and it continues today ... hot oats for breakfast, wholesome snacks, a nourishing glass of Milo, sitting down with friends for dinner and the occasional treat. Thanks to Nestlé, everyday healthy eating is made a little bit easier"

Hugh Sheridan, Actor

CHOOSE WELLNESS,
CHOOSE NESTLÉ



What's Your Wellness Score? Hugh scored 91, see how you measure up at nestlechoosewellness.com.au



CHOOSE WELLNESS
Good Food, Good Life



Knife And Death

Whether the problem's your tonsils or your ticker, don't play the powerless patient when your doctor says you need surgery. Cut through the medicalesse with these scalpel-sharp questions

Q1 "Is this surgeon my best bet?"

A GP might refer you to a particular surgeon because they're buddies from university, says Dr Guy Maddern, professor of surgery at the University of Adelaide and author of *Questions You Should Ask Your Surgeon*. So press a little on why this guy is first choice, giving short shrift to factors like celebrity. "Surgeons who enjoy a high media profile may be more competent at issuing press releases than at performing surgery," says Maddern.

Q2 "Why are you pushing for an op?"

Guys can go under the knife for the wrong reasons, says cardiac surgeon Dr Samer Nashef, author of *The Naked Surgeon*. A small percentage of surgeons may need the money or want you dealt with and out of their life, even when conservative treatment is the way to go.

"Nobody in his right mind should have a hairy-armed bandit cut him open in order to get rid of a symptom if there's a tablet to do it just as well," says Nashef.

Q3 "Is this what you'd recommend if I were a relative of yours?"

This brings home to the surgeon that you're not just a stat, says Maddern. "It may temper his enthusiasm to conduct new or unproven surgery when other forms of treatment are available."

Q4 "What are your results like?"

Some surgeons have a poorer record than others when it comes to patients flat-lining. A mortality rate in

excess of two per cent for a heart surgeon is a red flag, although this is a murky area because some surgeons shy away from higher-risk ops to keep their numbers tidy. "In Australia, I wouldn't worry too much because standards are high across the board and people not up to scratch are retrained or removed," assures Nashef.

Q5 "When's your next holiday?"

Sounds like small talk, but a Nashef-led study of more than 7000 patients at Papworth Hospital in the UK found that patients operated on just before their surgeon went on holiday were twice as likely to die as those whose operation occurred on a surgeon's first day back. Surgeons returning from holidays may be anxious about rustiness and this anxiety makes them concentrate harder, speculates Nashef.

Q6 "Are you across this . . . ?"

Generally speaking, surgeons don't like it when you trawl the internet for info on treatment, but hey, maybe you'll find something they hadn't considered. This happened to Maddern when a liver-cancer patient made a suggestion about the optimal sequence of his upcoming op. "It was something I was only vaguely aware of," admits Maddern, "and we got a good result by applying it."

Q7 "You know exactly what you're doing, right?"

Monumental cock-ups in theatre are rare but do happen – stuff like operating on the wrong leg or removing the appendix of a heart patient. Maddern says you're within your rights to insist, for example, that your surgeon mark the leg he's going to work on before you go under. Better to irritate them than bear the scars of a pointless op.



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THE PERFECT DAY OF EATING

Looking to get ripped for summer? A chiselled physique begins with your diet. Use this meal plan from our new training guide *Your Best Body Ever* to make every mouthful count

07:00 BREAKFAST

The ideal breakfast is high in protein (to keep you satiated) and packed with fibre-rich vegetables and wholegrains (to prevent swings in blood sugar).

EAT Scrambled eggs and spinach

Scramble 2 eggs and $\frac{1}{2}$ cup baby spinach leaves in 1 tbsp of olive oil; dust with chilli flakes

Bowl of oats $\frac{3}{4}$ cup oats, $\frac{1}{8}$ cup walnuts and 2 tbsp açai pulp

Green tea

WHY The eggs provide high-quality protein plus brain-boosting choline. Cooking them with olive oil and adding baby spinach, which is high in vitamin A and folate, bolsters eyesight and immune function. The chilli flakes reduce inflammation and can help fight prostate cancer. The oats-açai combo provides fibre, more high-quality protein (10 grams per $\frac{1}{2}$ cup) and a solid antioxidant punch from the tart berries. Green tea provides a gentle neural buzz, prevents cancer and lowers blood pressure.

2148kJ, 22g protein,
34g carbohydrates
(5g fibre), 33g fat
(only 6g saturated)

11:00 SNACK 1

Stomp mid-morning cravings with a high-quality protein, such as that found in yoghurt. The more protein you eat early on, the longer you'll feel full throughout the day.

EAT Yoghurt and fruit

Mix 180g of Greek yoghurt, $\frac{1}{2}$ cup blueberries, 1 tbsp ground flax

WHY Consider this combo a velvety speedball of muscle-powering protein (Greek yoghurt has more protein than the regular kind), heart-healthy fats (flax is high in alpha linolenic omega-3s) and disease-fighting antioxidants (a serving of blueberries delivers a motherlode of the good stuff). Added bonus: the probiotics in the yoghurt boost the immune system.

827kJ, 21g protein, 21g carbohydrates
(5g fibre), 4g fat (0.4g saturated,
1g monounsaturated,
3g polyunsaturated)



13:00 LUNCH

Aim for at least three servings of vegetables complemented by quality proteins, healthy fats and complex carbs. Since vegetables are mainly water, fibre and antioxidants, they'll keep you hydrated and brimful of healthy kilojoules.

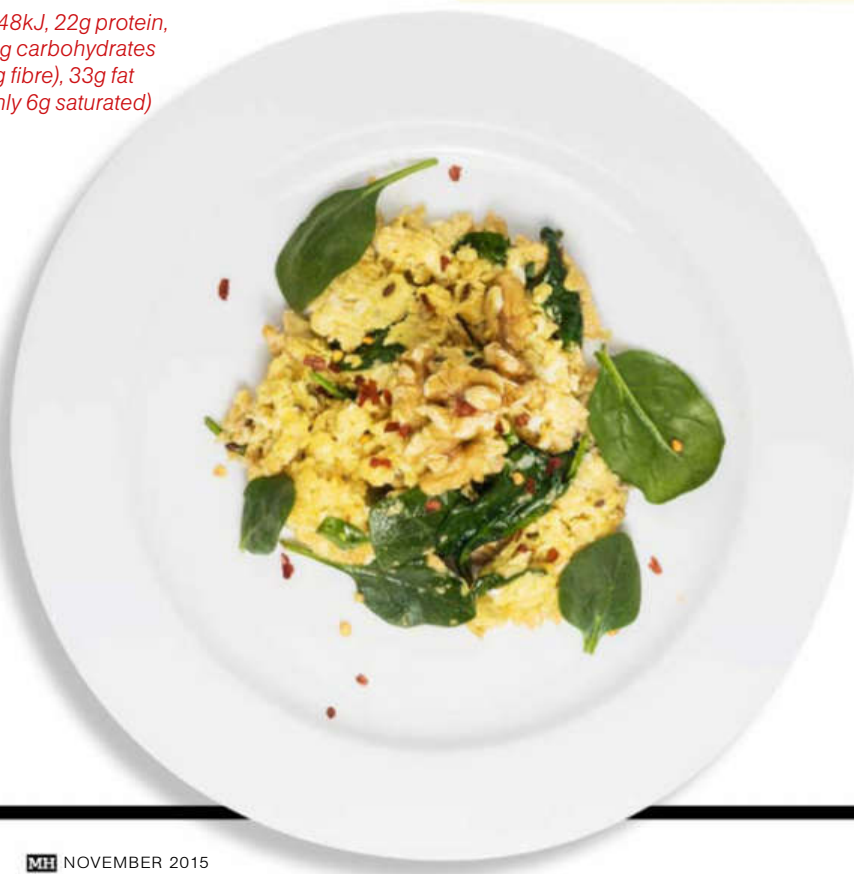
EAT Side salad Combine 2 cups red-leaf lettuce, $\frac{1}{4}$ cup shiitake mushrooms, $\frac{1}{4}$ cup yellow capsicum and $\frac{1}{4}$ cup broccoli; dress with 1 tsp olive oil and 2-3 tbsp vinegar

Bean sandwich Top $\frac{1}{3}$ cup mashed beans with 5 sliced olives, a handful each of spring onions and sprouts, 2 tomato slices and lettuce; serve on wholemeal bread

Red apple

WHY Starting your lunch with a salad helps slow digestion so that you don't overeat. This combination of vegetables provides cancer-fighting antioxidants, bone-mass-boosting vitamin K, cholesterol-lowering selenium, vitamin C and potassium. The bean dip is loaded with mood-boosting fibre and heart-healthy fats. Ending your meal with an apple provides inflammation-fighting quercetin and refreshes your mouth.

2340kJ, 15g protein, 69g
carbohydrates (15g fibre),
28g fat (5g saturated,
19g monounsaturated,
4g polyunsaturated)





15.30 SNACK 2

Lunch typically wears off in 3-4 hours, yet most guys go 6-7 hours between lunch and dinner and inevitably succumb to cravings.

EAT Handful of almonds and red grapes

WHY With 6g of protein and 3g of fibre, almonds provide a steady flow of energy. The grapes add a zesty anti-ageing antioxidant burst.

866kJ, 7g protein, 15g carbohydrates (4g fibre), 15g fat (1g saturated, 10g monounsaturated, 4g polyunsaturated)

19:00 DINNER

Dinner should be light in kilojoules and heavy in nutrients. Eating too much at dinner can ignite your appetite and cause you to overeat late at night, setting you up for dangerous weight gain and uncontrolled hunger.

EAT Power slaw Combine $\frac{1}{3}$ cup shredded carrots, $\frac{1}{3}$ cup red cabbage and $\frac{1}{3}$ cup kale; dress with 1 tsp olive oil and 2-3 tbsp vinegar

Prawn stir-fry Stir-fry 85g prawns and 1 cup bok choy in 1 tsp olive oil; dust with turmeric and chilli flakes; serve with $\frac{1}{4}$ cup brown rice and a handful of cashews

Fruit salad Mix $\frac{3}{4}$ cup kiwi fruit, pineapple, orange and plums, with a twist of lime juice and pinch of freshly grated ginger

Glass of cabernet sauvignon

WHY Starting your dinner with low-kilojoule, high-fibre vegetables can decrease your overall food intake by 12 per cent. This mix provides macular-degeneration-fighting beta-carotene, cancer-preventing lutein and eyesight-boosting vitamin A. The prawns provide 17g of lean protein, plus omega-3s, while the bok choy is rich in bone-building calcium, as well as folic acid, iron, and immune-boosting vitamins A and C. The brown rice adds fibre, which helps stave off late-night cravings. Finally, the fruit salad is more than a sweet dessert. It'll fight inflammation (thanks to the bromelain in the pineapple and vitamin C in the orange) while strengthening your bones (thanks to the potassium in the kiwi fruit). The ginger adds a cancer-fighting piquant top note and the red wine provides quaffable antioxidants.

2052kJ, 31g protein, 58g carbohydrates (9g fibre), 18g fat (3g saturated, 10g monounsaturated, 5g polyunsaturated)



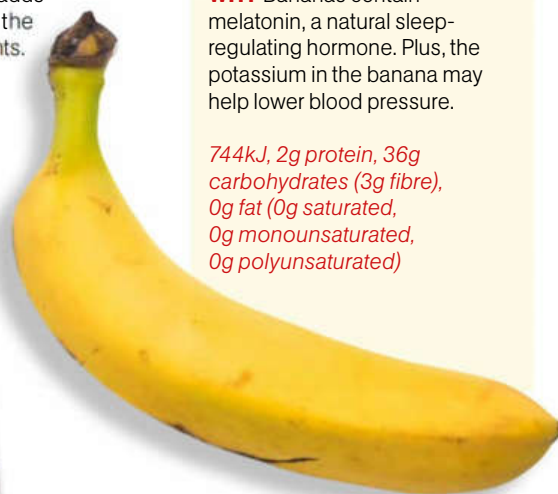
21:30 SNACK 3

Satisfy the munchies and glide towards sleep.

EAT Banana

WHY Bananas contain melatonin, a natural sleep-regulating hormone. Plus, the potassium in the banana may help lower blood pressure.

744kJ, 2g protein, 36g carbohydrates (3g fibre), 0g fat (0g saturated, 0g monounsaturated, 0g polyunsaturated)



Want to lose your gut in time for summer? You'll find more workouts, recipes and great fitness tips in *Your Best Body Ever*, on sale now.

1 > NIKON AW130

BEST FOR The Sea Dog

Nikon has kept the boxy design of the previous model while adding a more textured grip, WiFi and NFC (for wireless connection with an Android device). If you don't know where you are, this baby will orientate you via an arsenal of sensors, including depth gauge, barometer, altimeter and GPS. For deep-sea fiends, Nikon has improved dive depth to a class-leading 30 metres, while keeping image quality at a premium. **\$446; harveynorman.com.au**

3 > LUMIX DMC-FT6

BEST FOR Mr Picture Perfect

Boasting a plethora of creative modes, along with a comfy rubber grip and stellar battery stamina, this adventure-ready piece is one of the best vacation cameras going around, tough enough to withstand any adventure you have in mind. While some rugged cameras trade output quality for armour-like protection, the FT6 produces superb video and stills. **\$246; harveynorman.com.au**

5 > OLYMPUS TG4

BEST FOR The Control Freak

Finally, the TG series gets RAW, meaning you get uncompressed images straight from the sensor. Images will be sharper than those of its predecessor, and the macro (super-close-up) capability is stunning in this shockproof, waterproof, 16MP snapper. Add a bright f2 lens to illuminate even the darkest caves, and it's ideal for the hardcore adventurer. **\$449; jbhifi.com.au**

< 2 FUJI FINEPIX XP80

BEST FOR Mr Keep It Simple

A keenly priced action camera that's so user-friendly (look, Mum, one hand!) even Clark Griswold couldn't stuff things up. Suited for quick social photo-sharing via built-in WiFi, it boasts numerous features, including 11 filters and remote shooting. A solid camera available in four vibrant colours. **\$249; harveynorman.com.au**

< 4 CANON D30

BEST FOR The Bargain Hunter

This full-spec sharpshooter for adrenaline seekers is tidily priced compared with others of similar quality. Drawn to what lurks beneath? A fortified chassis has increased dive depth to a SCUBA-required 25m, while ergonomics and build are also strong. With impressive 5X optical zoom and full-HD video recording, this is a solid choice for in or out of the water. **\$300; dicksmith.com.au**

Image Conscious

Just because you need a camera built to last needn't mean skimping on photo quality. *MH* Tech Guy Esa Ruohonen puts you in the picture on five of the best

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Surf and Earth

As the weather warms up, your go-to crowd-pleasers can get lighter. Harness the power of the prawn

Sometimes it's colour that inspires a new recipe. I remember noticing the vibrant greenness of a bowl of peas, and wanting to use it. Then I thought, for a spring dish, teaming peas with prawns would be unbeatable.

I see this dish as a standalone for a date at your place, or else as one of several set out on a long, outside table with a bunch of your friends laughing, eating and drinking in the sunshine.

It's a dish made up of simple, elegant flavours. The bang factor comes from the oil in the prawn heads, so extract as much as you can. >>>

If your peas come frozen, no problemo. They're snap-frozen post-harvest and retain most or all of their abundant goodness.

KITCHEN COACH

The author of *Dude Food* and *The Healthy Cook*, Dan Churchill is now the Food Guy for *MH*. In this regular series he'll show you how to prepare classic dishes to satisfy the heartiest appetites

The fresh dill and mint send this dish's tastiness – and nutritional kapow! – off the charts.

Prawns, as well as being super-tasty, have an almost unbeatable nutrition profile, being packed with protein, omega 3 fats, zinc (for your immune system) and B vitamins (for energy and muscular repair). They're also low in kilojoules compared with chicken and beef (see "Protein without the paunch", page 54).



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COOKED ON CLASSICS

FIVE STEPS TO PRAWNS, PEAS & EPIC OIL *PAR EXCELLENCE*

May I suggest...

Teaming your Prawns, Peas and Epic Oil with an unoaked, fresh white wine

YOU WILL NEED

- 500G PRAWNS, SHELLED & DEVEINED; SHELLS RETAINED
- ½ CUP OLIVE OIL
- 3 GARLIC CLOVES, FINELY CHOPPED
- 1 LONG RED CHILLI, SEEDS REMOVED, FINELY CHOPPED
- ¼ BUNCH PARSLEY, CHOPPED
- 250ML FISH OR VEGETABLE STOCK
- 500G PEAS
- 1 ONION, SLICED
- ½ HANDFUL FRESH DILL
- ½ HANDFUL FRESH MINT
- PINCH OF SALT
- PINCH OF PEPPER
- JUICE OF HALF A LEMON

TO CREATE YOUR MASTERPIECE

- 1** Add oil to a frying pan on medium-high heat, stir in the prawn shells and cook for 3-5 minutes. Add the garlic and cook until fragrant and slightly golden, before stirring in the chilli and parsley for one minute. Remove from the heat, allow to cool, then strain the oil into a bowl, discarding the solids. Do not wash the pan.
- 2** In a small saucepan bring the stock to a boil, then turn heat to medium and cook the peas for 3-5 minutes or until tender. Strain the peas, keeping the stock.
- 3** In the same frying pan used before, on medium heat, add the onions and allow to caramelise for 8-10 minutes. Add the prawns and cook for two minutes or until tender.
- 4** Stir in the peas for a minute before folding in half the dill and mint and half the stock. You want it to be a loose mix, but not soupy; add more stock if required. (Be that intuitive cook!)
- 5** Finally, add two tablespoons of that amazingly tasty prawn oil you made earlier (storing the rest for something else). Season with salt and pepper and squeeze over the lemon juice. Like a pro, add the remaining herbs and serve.

PERFECT PAIRINGS

SOME PRAWNS AND PEAS LEFT OVER? TEAM THEM WITH ONE OF THESE FOR A NEXT-DAY REFUEL

- +** WHOLEMEAL PASTA, COOKED *AL DENTE*. PLUS CHEESE, PLEASE
- +** A GENEROUS BED OF PROTEIN-RICH QUINOA
- +** SPINACH, COOKED IN A LITTLE OIL, TOPPED WITH YOGHURT
- +** A WARM WHOLEMEAL WRAP, LATHERED IN AVOCADO

PROTEIN WITHOUT THE PAUNCH

NOTHING BEATS PRAWNS FOR DELIVERING YOUR MAIN MUSCLE-BUILDING MACRO IN A KILOJOULE-FRIENDLY PACKAGE

[Kilojoules per 100g]



CHEESE
(CHEDDAR)
1706



EGG
(WHOLE, BOILED)
632



CHICKEN
(BREAST)
660



BEEF
(RIB EYE)
556



PRAWNS
(KING)
371

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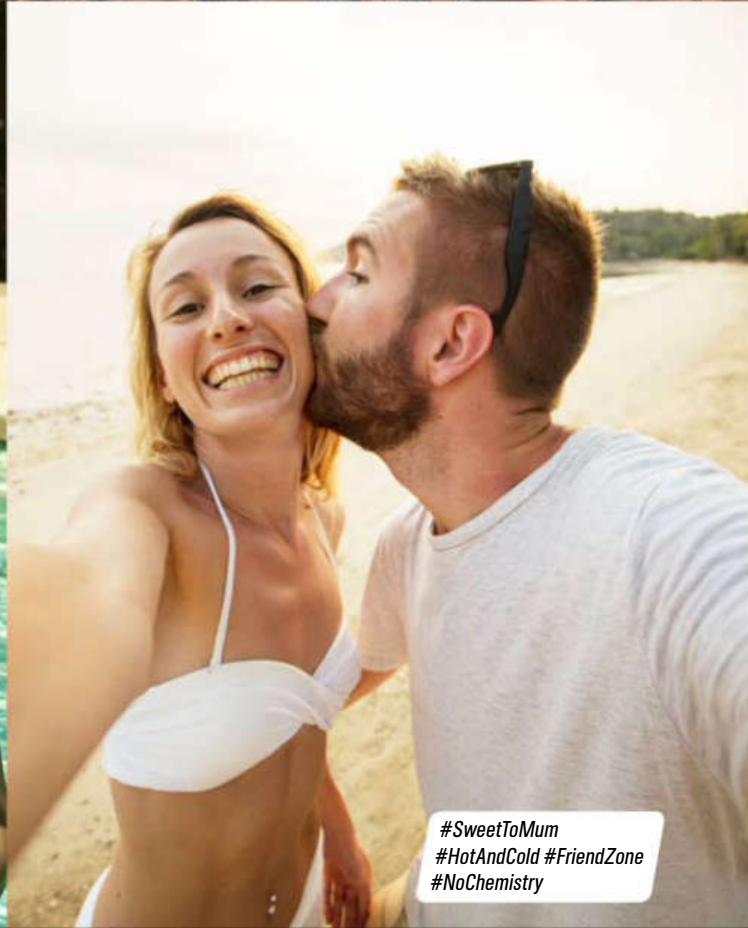
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#FriendsWithMyEx
#OneTrackMind #NoEdge



#WearsSocksToBed
#NeverAsksQuestions



#GoneByMorning
#PropDog #Meh



#SweetToMum
#HotAndCold #FriendZone
#NoChemistry

Win Her Game of #Tag

Women are rating your abilities in bed - and beyond - with a new app. Raise your score

HOW MANY STARS would you earn if women could review you like a restaurant on Yelp? You may soon find out. The Lulu app gives them that very opportunity, using hashtags as shorthand. It's caught fire in the US - "and we definitely have Australia in our sights", says co-founder Alison Schwartz. The phenomenon has crystallised the qualities women want to see in you. So we asked Lulu to share the positive hashtags that women most frequently assign to top-rated men. Steal their secrets and see your fortunes soar.

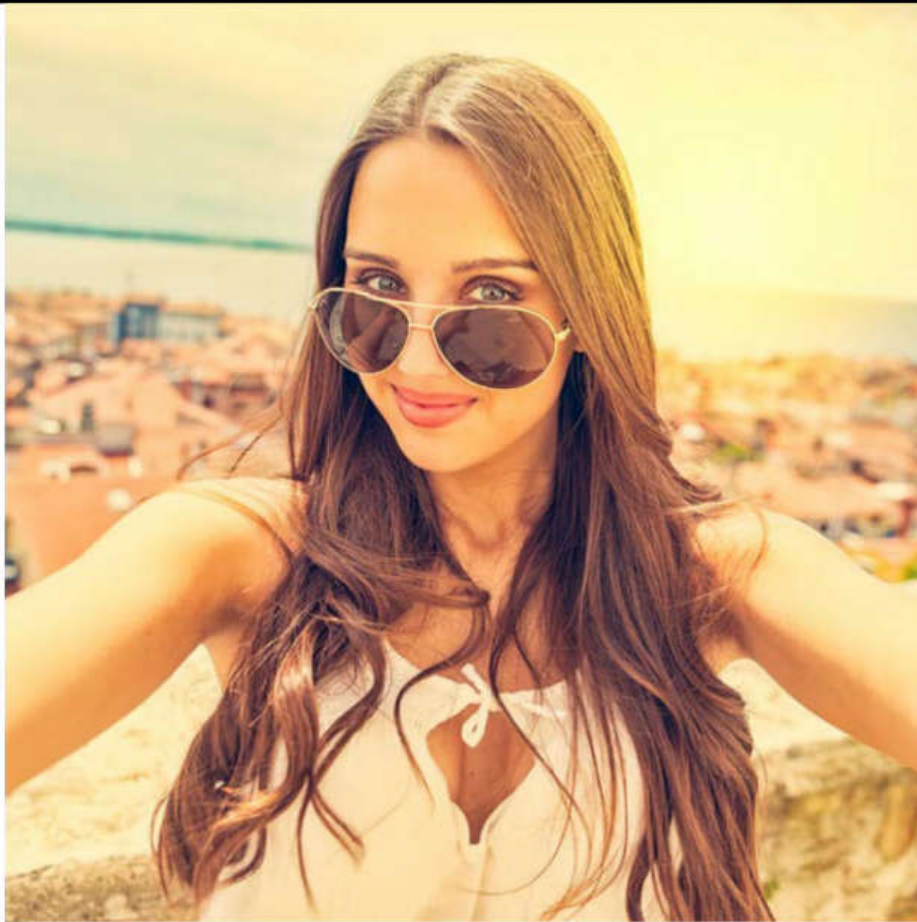
#WillActSilly

Life is full of stress. So women look for men who can make them forget about those train delays and deadlines, says Peter McGraw, director of the University of Colorado's Humour Research Lab. Makes sense: a 2011 study in *Personality and Social Psychology Bulletin* found that men were nearly twice as likely as women to brag about being funny, and women were nearly twice as likely as guys to seek out a mate who could crack them up.

TRY THIS Know your comedic limitations. She doesn't want the full shtick, says Kelly Leonard, president of The Second City improv company and co-author of *Yes, And*. "Tell her an embarrassing story about yourself. Everyone loves to laugh at someone else's tale of abject failure, and this strategy has the added benefit of making you seem super confident - as in, you're willing to tell a story in which you aren't the hero."

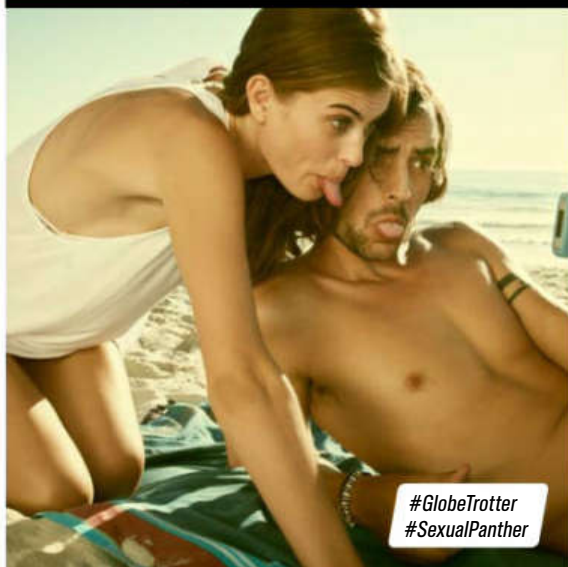
#EpicSmile

A great smile conveys that you're accessible and agreeable, says psychologist Marianne LaFrance, the author of *Why Smile?* "Research shows that smiles that are genuine, which is probably what makes them 'epic', are reliable indicators that you're a trustworthy and giving person," she says. "Seeing one can even lead »»



#DudeCanCook
#WillSeeRomComs





to a mini emotional high." Studies have also shown that smile quality can predict everything from marital success to earning potential.

TRY THIS Avoid the frozen grimace: look down and breathe deeply while counting to three before you smile for the camera, says photographer Clay Hayner. "Your face will relax and your smile will look more authentic. Lift your eyebrows to bring out your personality." And keep your gums healthy with an electric toothbrush, adds dentist Jennifer Jablow. "Bad gums stand out like yellow teeth."

#WorkEthic

This phrase signals "winner" on several levels: most likely, you're a responsible guy with a decent income. Men who work hard tend to be stable and earn a good living, says sociologist Jenn Gunsallus. While the gender pay gap is narrowing, some women still have that old-fashioned preference for men who can support them. They want to feel safe and protected – and job insecurity would be a threat, says relationship therapist Paul Hokemeyer.

TRY THIS Don't whinge about your job. Actually, redefine what counts as "work" altogether. See that dirty pot in the sink? Start scrubbing: a 2014 study in the journal *Sex Roles* found that married couples are more satisfied when they agree on how chores should be divvied up – and when both partners fulfil their end of the deal.

#CleansUpGood

When you pay attention to grooming and have some sense of style, you send the message that you're able to take care of yourself, says Esther Perel, the author of *Mating in Captivity: Unlocking Erotic Intelligence*. "That liberates a woman from mothering," Perel says. "It means you're not a boy; you're a grown man. Plus,

because you understand the effort it takes to look good, you're more likely to appreciate the things women do to prepare for a night out." Hint: that means complimenting her.

TRY THIS New trousers and shoes. First, buy a good pair of dark jeans, says fashion editor Sandra Nygaard. They're slimming and stylish, and you can wear them several times a week without people noticing that you're repeating. Labels to look for: H&M, Jack & Jones and Uniqlo. "Women will always notice shoes," adds Nygaard. "You can't go wrong with brown leather brogues, which are classic and cool." Try Kenneth Cole, Ted Baker or Bally.

#LovesHisFamily

In real life, women don't consider the commitment-phobe adolescents in Judd Apatow movies all that sexy. When a guy shows how much he loves his family, it tends to mean he wants one someday – maybe even soon, says Dr Paulette Sherman, author of *Dating from the Inside Out*. "Many women want to know that men have the same life vision that they do. And even if marriage or kids are years away, you're demonstrating that you're affectionate and emotionally available."

TRY THIS Play up your nurturing side, suggests Helen Fisher, author of *Why Him? Why Her?* "There are subtle ways to do it," she says. "Even if it's stopping to pat a dog or babysitting for your sister when she needs a night out." You can also ask questions about her childhood, Fisher says. You'll convey that you value these things without coming off as if you're in a rush to the altar.

#NotADick

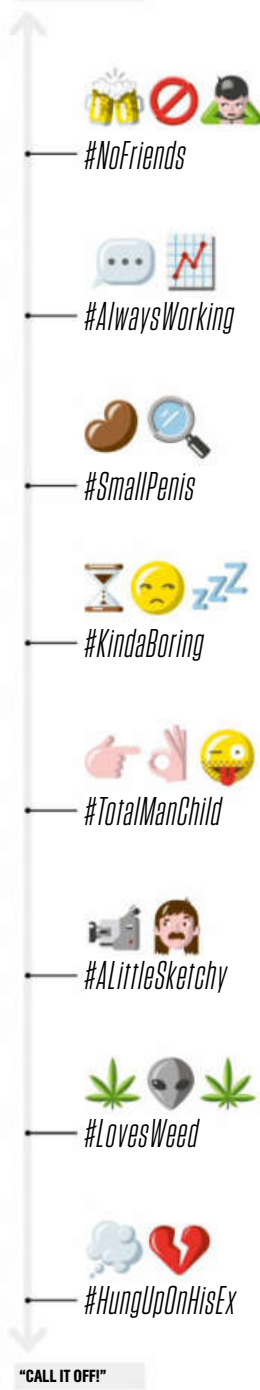
Forget what you've heard about women falling for jerks. Thinly veiled insults and emotional manipulation will never win a woman's heart. In fact, the opposite is true: they're actually just signals to leave you behind. "Guys who are dicks tend to be narcissistic with clear antisocial traits," says Hokemeyer. "They're self-absorbed and have no awareness or concern for her feelings and wellbeing." They also place little emphasis on compassion or sympathy, he says. "They just want to be pleased and adored."

TRY THIS Show more patience, especially in conversation, Fisher says. "While men are comfortable interrupting each other, women are not, and such behaviour can be perceived as narcissistic and rude." Another way to show respect: even if she says you can decide the plan for the night, involve her by offering options. "Women want to please," Fisher says. "And if you provide choices she knows you'll approve of, she'll feel better about selecting one." ■

WAIT, SHE SAID WHAT?

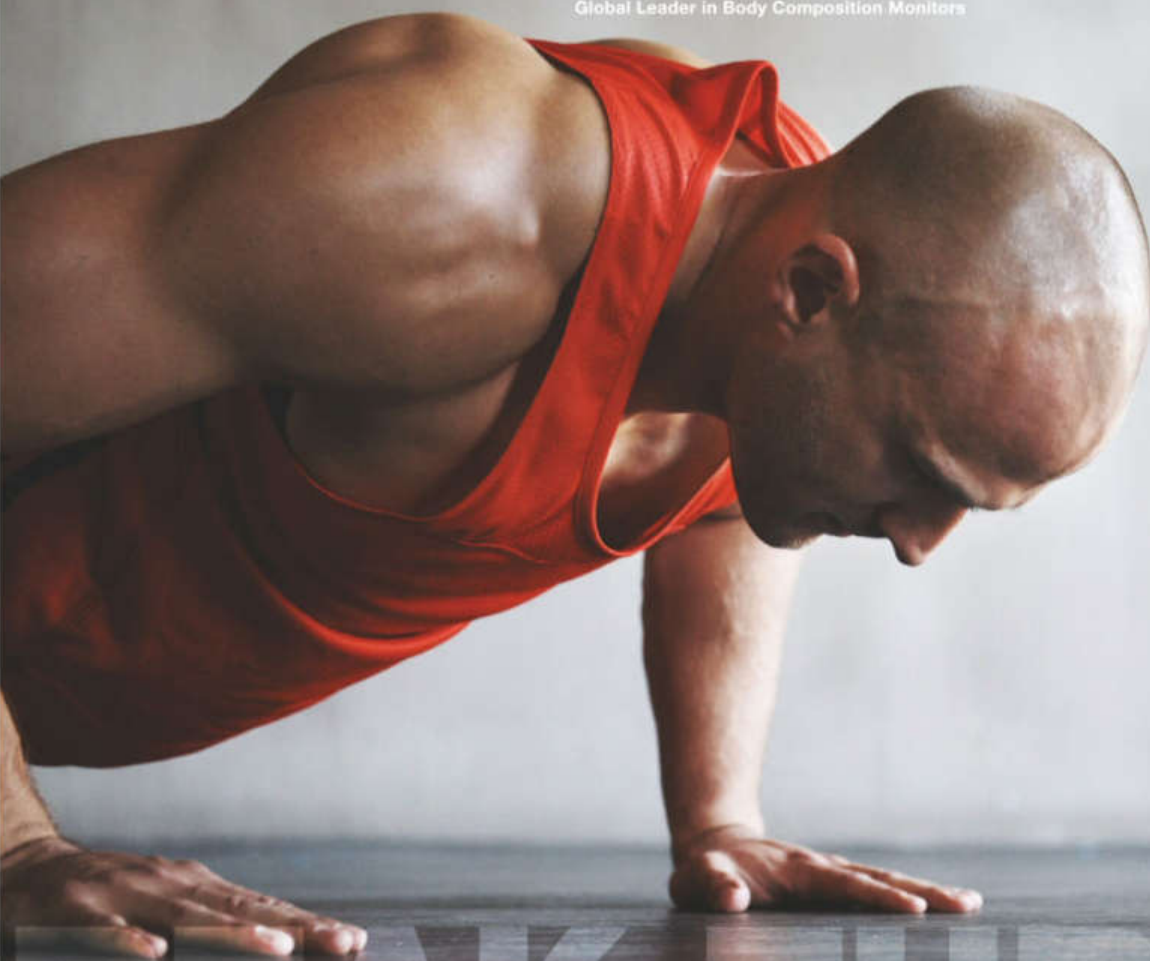
WE ASKED THE READERS OF *WOMEN'S HEALTH* TO SHARE WHAT THEIR REACTIONS WOULD BE TO THESE HYPOTHETICAL ONE-STAR REVIEWS

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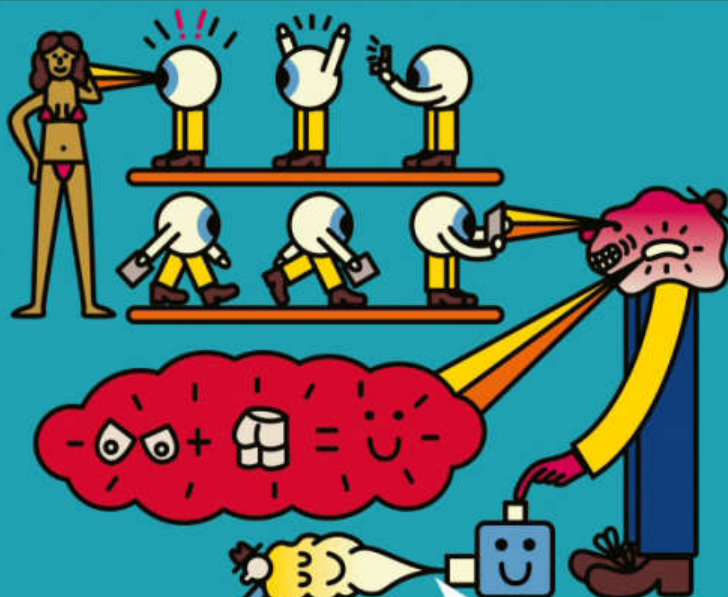
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How One Look Leads to Liftoff

When a man catches a glimpse of a scantily clad woman, the effect is pure alchemy: flesh turns into wood. Sexual health expert Dr Darius Paduch explains the science of lust at first sight



1 / Your Insula Says "Oh Yeah!"

The instant you see her barely dressed body, millions of ocular receptors snap a mental picture and send it to your insula, a key brain area for perception and emotion. Once the image arrives, the insula automatically calculates your erotic possibilities.

2 / Dopamine Pulls the Lust Lever

Your brain responds to the insula's alert by squirting out dopamine, a neurotransmitter that's responsible for lust. But if you're feeling stressed, expect a biochemical cold shower: your adrenal glands will release fight-or-flight hormones that dampen dopamine's effects.

3 / The Erection Message is Sent

The dopamine helps conduct a signal down your spinal cord and along nerve fibres that run to your penis. Here at erection HQ, nerves receive the signal and release acetylcholine, a neurotransmitter that commands blood vessels to pump out nitric oxide.

4 / Blood Rushes to Your Head

Your penis has two chambers, both filled with spongy muscle tissue. Nitric oxide relaxes the tissue, allowing the arteries running through it to dilate. Blood flows in at more than eight times the normal rate, which results in some impressive, gravity-defying engorgement.

5 / Your Soft-On Becomes a Hard-On

As the tissue in these chambers expands, it presses against surrounding veins, preventing boner blood from draining out. Your penis may now be holding a quarter cup of the red stuff. Of course, you'll lose your lift once you lose sight of her - or have an orgasm.



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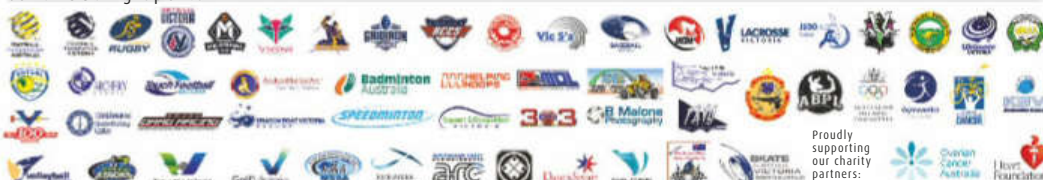
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ARMOUR-PLATED CHEST

Rock-hard pecs instantly tell the world you're a man to be reckoned with. **MH** muscle adviser Ray Klerck tells you how to build them for maximum visual impact

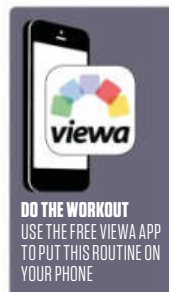
Second only to sleeve-splitting arms, a big chest is on every guy's weights-room wish list. Before you get pressing, you should know your pecs are comprised of two muscles: the *pectoralis major* (which fans across the chest from your shoulder to your breastbone) and the *pectoralis minor* (which sits beneath the former and pulls up your ribs when you breathe). To make sure both get adequate attention, don't kid yourself that the bench press is all you have to do to score a thumping chest. Sure, it's a terrific strength-builder, but there are many other exercises that, combined properly, are significantly more efficient at carving out solid slabs of muscle, without the danger of heaving loads of iron away from your heart.

Here are the innovative moves you need to earn yourself more front than Uluru. »»

WHAT TO DO

Perform four sets of 6-8 reps of each tri-set, where you move from one exercise to the next without rest, then take a one-minute breather. These tri-sets are divided into upper chest (often neglected by even experienced trainers) and middle chest. Your shoulders and triceps can't help but get a workout, too. Each tri-set finishes with an explosive move designed to give you more upper-body power on the sporting field. Do this workout 1-2 times a week, leaving at least one day's rest between sessions.

Warning: after six weeks, you'll be needing new shirts.



MUSCLE MATTERS

STRAIGHT TALK ON GETTING RIPPED FROM BODY-TRANSFORMATION
EXPERT GREG JOUJON-ROCHE
(ONEBODYONELIFE.COM)

GREG'S TOP FIVE TIPS ON EATING FOR LEAN, MUSCULAR GAINS

I've seen more guys squander the benefits of great training by eating dumb than you've had hot peas. Here's how to turn your hard work into brawn.

1 Don't miss the magic window
There's a cool period, lasting about an hour after you work out, called the Glycogen Replacement Window. If you've gone hard, your body is burning like crazy and will convert most sugars/carbohydrates directly into muscle. It's an incredible opportunity to feed your body. Don't miss it.

2 Enlist your friends
My "friends" are supps. Some really good ones? Branched-chain amino acids (BCAAs), L-glutamine and essential fatty acids – all vital in the muscle-building process. Also, don't be scared of maltodextrine. Yes, it's a pure carb, but if you have it in your post-workout shake it works a treat with the protein to promote growth. Make sure it's a high-quality maltodextrine from 100 per cent corn.

3 Time your tucker
You want to map out your day, matching your input of kilojoules to your output of energy. If you've trained really hard at 6am, you want a good hit of kilojoules. If you're holding down couch springs at night, you want to stay away from potato chips and other crappy carbs. Simple.

4 The whey forward
I'm sorry all you vegans out there, but when it comes to growth you really need animal protein. All these rice and plant proteins on the market today are simply birdseed. True, there are vegan bodybuilders out there who look great. But trust me, they're doing it the hard way.

5 Embrace fat
Instead of nibbling on carbs during the day, have bites of good fats. Get into the rhythm of having avocado, nuts, seeds – all the good fats out there. They'll promote growth while providing sustained energy.

TRI-SET 1 UPPER CHEST

1 / GUILLOTINE PRESS

- Lie on a flat bench holding a barbell, your arms roughly shoulder-width apart. Keep your head, torso and hips pressed onto the bench.
- Bend your elbows, taking 2-3 seconds to lower the barbell towards the bottom of your neck. Stop just before contact, then straighten your elbows to press the weight up.

Too hard? Lower the weight to mid-chest rather than your neck.



2 / INCLINE, REVERSE-GRIP FRONT RAISE

- Lie on an incline bench set to 30-45° and hold a barbell across the tops of your thighs with an underhand, shoulder-width grip.
- Raise the weight above your head without bending your elbows. Pause at the top of the move, then slowly lower to the start position.



3 / PLYOMETRIC PUSH-UP

- Get into the push-up position with your hands slightly wider than shoulder width. Your body should form a straight line from your shoulders to your ankles. Keep your back flat and lower your body until your chest kisses the ground.
- Forcefully thrust yourself upwards as high as you can, so that your hands leave the ground. Clap while airborne.

Too hard? Do standard push-ups, with your feet raised on a chair.



TRI-SET 2 MIDDLE CHEST



1 / OLYMPIC-RING DIP

- Set the Olympic rings to chest height. Grab the handles and lift yourself so your elbows are straight, but not locked.
- Keep your elbows close to your sides and lower yourself until your upper arms are parallel to the floor, then press yourself back up.

Too hard? Swap the Olympic rings for parallel dip bars.

2 / FLAT-BENCH DUMBBELL PULLOVER TO FLY

- Lie on a flat bench holding a dumbbell in each hand above your chest. Keep a slight bend in your elbows.
- Lower the weights behind your head, keeping your upper arms close to your ears. Raise them to the start then lower them out to your sides in the form of a fly, before returning to the start position. That's one rep.

Too hard? Drop the pullover part.



3 / LYING MEDICINE-BALL THROW

- Lie on a flat bench holding a medicine ball of challenging weight above your chest.
- Drive the ball straight up, catch it and return to the start position.



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AUSSIE OWNED & OPERATED

6 Things You Should Never Say to a Gay Man

We asked one gay writer to address our misguided inquiries – so we can all just move on

[BY RICH JUZWIAK]



DAMN STRAIGHT:
Agents of change
don't talk like
Ari from *Entourage*.

“So wait, which one of you is the man in the relationship?”

Prepare to have your mind blown: we both are! In fairness, when straight guys ask this question – and as a gay man I get it a lot – they're usually curious about our sexual roles. But it's not so simple. About 40 per cent of gay guys are versatile – each one is, to some degree, a “bottom” and a “top”, according to a 2010 *Archives of Sexual Behaviour* study. That's not always the easiest idea for people to accept. A 2013 Yale Law School survey, for instance, reported a strong distaste among heterosexuals when it comes to gay men switching roles. If that sounds like TMI, just don't ask.

“Must be nice to hook up with anyone, anytime you want.”

It is – for some of us. After all, in a widely quoted 2010 study in *AIDS Care*, about half of the 566 gay male couples surveyed had some sort of non-monogamous arrangement. But that may not apply to all age groups, says Dr Brian Mustanski, an associate professor of medical social sciences at Northwestern University. In a recent study, Mustanski found that many young gay men intended to have an exclusive relationship. Turns out, plenty of gay people are just as capable of being as content and boring in their relationships as most straight men are.

“I reckon you'd be really into my friend Josh – he's gay.”

This sits near the top of a long list of unsafe assumptions. (Another: thinking we want to screw you.) Truth is, there are a lot of gay men out there, and we don't need help finding them. A 2012 Gallup survey of more than 200,000 people found that between two and 10 per cent of people in a given population identify as lesbian, gay or bisexual. The app Grindr has a reported five million users across 200 countries. That's not to mention guys on Tinder, in gay bars, in gyms, in bookstores, at funerals, in the rain, in the dark, on the train and, well, you get the idea.

“Are you sure you're gay? You haven't been with a woman.”

Many gay guys I know had, in fact, been with a woman at least once before they came out. Others identified their sexuality well before that ever happened. I'm pretty sure there's no lingering desire to find out what they've been “missing”. And yet: “Some straight men see gayness as a rejection of what they accept to be the norm,” says Peter Robinson, author of *Gay Men's Relationships Across the Life Course*. “But many gay men I've interviewed have had no sexual experience with women and are content with that.” It's a persistent double standard: having to prove our sexuality to those who don't understand it.

“Wow, I had no idea. You just don't seem that gay.”

What seems gay? Eyeliner? Limp wrists? The only way you can be sure just by looking at him is if he's having sex with another man in front of you. (And even then he might be bi, bi-curious or just bored.) But some stereotypes are deeply ingrained: that we're extroverted, less masculine, politically far-left and always in the gym. Thankfully, that representation is shifting – everyone from former NRL footballer Ian Roberts to actors Matt Bomer and Neil Patrick Harris is proving there's more than one way to look, act or even “seem” gay.

“Hold on – how can you be a [fill in blank] if you're gay?”

Pick an unlikely affiliation – religious, conservative, slob – and there's a gay man who'll make you rethink your assumptions. “The premise is that being gay excludes certain things,” says Andrew Sullivan, author of *Virtually Normal*. “In my case, it's being a Christian.” Sexual orientation may be one thing that binds us, but there are endless attributes that distinguish and separate us. Okay, so we're homosexual. But our interests are as heterogeneous as the next guy's.

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"I've performed a transformation of biblical proportions"

As a pastor, Harry Cuthbertson embraced the earthly pleasure of eating a little too keenly. Pulling back moved him closer to heaven on Earth



WEIGHT BEFORE
135kg

WEIGHT AFTER
98kg

AFTER GETTING my driver's licence, jumping in the car and going to Maccas was just something to do, even if I'd already eaten a massive dinner. Eating four huge meals in a day was a truly sinful habit. After getting married, I ballooned out to 135 kilos. With me running the church, there were big guys both upstairs and down.

The Gain

For as far back as I can remember I was always the biggest kid in the room. There was always food on the table and I never failed to eat plenty of it.

After leaving school and starting a full-time job, my weight woes compounded. Running youth groups at night, I was always short on time to exercise, but never short on food. Chowing down on pasta and other carb-heavy foods became a habit, while trips to fast-food establishments were a way to pass the time.

The Change

I'd thought about losing weight for a long time, now and again managing to shed a few pounds. But I never realised that I had to overhaul my entire lifestyle. There are always "easy" fixes being promoted on TV, but they never worked. And with a hectic schedule and a newborn daughter, I was constantly feeling exhausted. After a scare with type 2 diabetes, my

doctor raised lap-band surgery. I was stunned. She clearly didn't think I could lose enough weight on my own – and that was just the motivation I needed.

From then on, every decision I made was based on choices I could sustain for the rest of my life. Diet was king. You can't outrun a bad diet, so the first thing I did was give up fizzy drink. Five kilograms practically fell off me. Every Sabbath I would prepare my meals for the week ahead.

I was really just eating for sustenance, pretty much the same things every day, and I gradually decreased my portion sizes. Bread was out, and I swapped anything "white" for "brown". I also started playing basketball and indoor soccer, while taking Brazilian jiu-jitsu classes. It wasn't about exercising religiously; I wanted it to be enjoyable and something to look forward to.

The Result

I've performed a transformation of biblical proportions! In the process, I've realised how much of a mental burden it is to be overweight. It was always at the back of my mind.

I'm being treated differently, too. I don't think people do it on purpose – maybe it's my confidence coming through – but I feel I'm being treated with far more respect. I'm now incorporating



GUTLESS WONDER

NAME:
Harry Cuthbertson

AGE:
31

JOB:
church pastor

LIVES:
Wynyard, Tasmania

HEIGHT:
188cm

health and nutrition into my services, and have started a chef's apprenticeship. I'll be teaching people to treat their body as a temple.

The Advice

Don't make huge, sweeping changes. Make a small one often, and replicate it each and every day as you slowly reconfigure your lifestyle.

Shop around the edge of the supermarket. The inner aisles are lined with processed junk, while the fresh produce is always placed around the fringes.

Lost the lard? Tell us how by logging onto yahoo7.com.au/menshealth and clicking on "Gutless Wonders". Next month's winner will receive a pair of **Asics Gel-3030** running shoes valued at \$230.





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Dark star:
Ian Curtis
embodied the
fatalistic
punk ethos.

DON'T DIE WITH THE MUSIC IN YOU

Visiting the grave of a tragic rocker convinced our writer to yank his life out of mediocrity and chase the limits of his potential

[BY ALAN STOKES]



On a trip to the UK my eldest son and I find the house where Ian Curtis lived – and died at the age of 23. It's on the corner of an average street of average terraces in northern England.

THE SIGN OUTSIDE SAYS "Sold by Gascoigne Halman". The buyer, a Joy Division fan, wants to turn the house into a museum to honour Curtis, whose short life touched so many but whose suicide left so much undone.

We take our photo and drive back through the grey streets to the cemetery. Searching among the headstones and gardens for 20 minutes, we're starting to lose hope.

Then we stumble across a plaque facing into the gutter:

"Ian Curtis. 18-5-80. Love will tear us apart." An empty CD case. A few rotten old flowers. A fake black one. A grey photo. A handful of coins. We stand, in silence.

I introduced my five kids to Joy Division early on, along with the Ramones, the Sex Pistols, The Saints, The Stooges and MC5. Child abuse some might jokingly call it. But that was all I knew and all I could offer them.

Pretty quickly my eldest bloke could play the songs easily and got a band together with his mates. Yet my prized possession, my 1966 left-handed Gibson SG with whammy bar, remained carefully locked away.

Occasionally the kids would ask me to bring it out. "We can be the Von Crapp family," I'd say to distract them. But no, I am not getting the SG out.

As I stand graveside with my 22-year-old son and the forever 23-year-old Ian Curtis, I realise why. Fed by the punk rock ethos while dealing with my myriad psychological flaws, I always thought I would die before I was 23. There was no future, no future for me. So I had half a go at stuff, drinking twice as much at double the speed. Whenever I hit a hurdle I became frustrated and bored and drank and found an excuse to give up. Not the drink, mind you, but the task at hand.

How many opportunities I wasted.

While I could thrash chords and scream lyrics, I never bothered to learn to sing or play guitar properly. Not well enough to get the SG out anyway.

My early half-arsed efforts extended well beyond music, to football and studying law; plans to run for the Senate; to train greyhounds and become a bookie; to do medicine at uni like I should have when I had the chance, just like I should

have given up the grog back then and worked towards changing the world for the better.

None of my grand plans eventuated because to do something properly required a long-term commitment and what I needed was an instant buzz. Booze, anger and tapping into the anguish of the likes of Johnny Rotten, Chris Bailey and Ian Curtis gave me that.

The one long-term commitment I did manage was parenthood.

"The only reason we're talented is because of you and Mum," my youngest bloke tells me. He's half right. It was her genes and her patience. She got the kids through, in spite of me.

Thanks to her, our five children are already far more accomplished than I am on any criteria: academically, socially, athletically, musically.

While I'm still locked in the Seventies and Eighties of my music, they have moved on. They love jazz, soul, complex pop, computer-generated stuff. You name it, they know it and can perform it. What I started by exposing them to my music, they are taking to places I never had the guts, talent or perseverance to go.

As my eldest son walks away from the graveside, I stay and share one last minute with Ian Curtis. One last night of booze-fuelled excuses not to talk to girls or dance or write a song or get better at guitar or finish anything properly. Two very angry young men, locked in time at the tender age of 23. Except that I have survived, in spite of myself, to be 53.

I know what I have to do. It's time to find the 23-year-old who never was but should have been. The list swirls around my head. Get the SG out. Restring it. Play. Get better. Sing. Restart the piano lessons. Get the kids

to teach me. Start running again. Find a new way to see the world as a proud father, not as a self-destructive, angry young man.

Doing something useful will take time, of course – time I won't have unless I make one long-term commitment. I must give up the booze – properly. Not yet another half-arsed, half-hearted, half-a-man effort. Not this time. ■



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POSSESSION, MY
1966 LEFT-HANDED
GIBSON SG, STAYED
LOCKED AWAY



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Outsmart Every Demon

Whether it's spiders, clowns or a weekend at the in-law's place, there's no better time than Halloween to face up to your fears

Want to freak out your friends this Halloween? Ask them if they ever think about going bankrupt. In a survey of men's fears, researchers at Chapman University in California found that most of us are apprehensive or worried about the things we can't control – with going broke edging out an unexpected visit from the Reaper. Heights and animals also make the list, as do random evils such as terrorist attacks, says study author Dr Christopher Bader. Use this page to gauge how your own fears compare to what's haunting other men. Then find out what causes you to quake so you can overcome it.



Terror triggers, and the percentage of men they scare the hell out of.

TYPE OF FEAR

● Primal Threats

In primitive times, an aversion to snakes and steep cliffs may have saved us from extinction, says sociologist Dr Margee Kerr, author of *Scream: Chilling Adventures in the Science of Fear*. Even the fear of public speaking is useful: no-one wants to say something dumb and end up alienated. So caution is fine, but don't let it rule you. Maintain perspective by tracking experiences: write down how you feel before the daring deed and then afterward. Over time you'll see that you inevitably survive – and that what you once feared you've now conquered.

● Loss of Control

Most men feel that their actions can dictate their destiny, Bader says. That's why the concept of an uncontrollable event – like a heart attack, redundancy or a stock market crash – leaves them anxious, says psychiatrist Dr Robert London. The 15-second fix: close your eyes, breathe slowly and replay a great memory as if it's being projected on a movie screen in your mind, London suggests. A 2014 *Journal of the American Medical Association* review found that meditation can work just as well as antidepressants to keep you calm.

● Random Violence

Terrorist attacks and hostage sieges unsettle us precisely because they're so random. This explains our strange fear of evil clowns and zombies – they're bogeymen built for chaos, Bader says. But random doesn't mean likely. You'll recognise that better by turning off the TV – men who are most fearful tend to watch dark shows, like *The Walking Dead* or *True Detective*. Then exorcise your demons: a review of research from the University of Georgia found that physically active people reported up to 55 per cent less anxiety than sedentary types.

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RUNNERS & RIDERS

You might not back the right horse at the spring races. But you can ensure you'll win by a head in the style stakes

Photographer
CHRISTOPHER MORRIS

Stylist
MAIA LIAKOS

Grooming
MONIKA BUNIC

Words
CECILY BENNETT

Models
TOM/Chadwicks
ROHAN/IMG
KATH/Chic



TRIAL SEPARATION ▲

Don't want to go fully suited and booted? Mix it up in style with separates. "A sharp jacket generally looks best with a contrasting coloured trouser or chino," says Stewart Lock, Head of Design for Van Heusen.

Rohan wears Hugo Boss jacket (sold as part of suit) \$1499
Calibre trousers \$229
Calibre shirt \$199
Van Heusen silk tie \$49.95
Country Road shoes \$179

DRESS DOWN ▲

"If you want to lose the jacket, make sure your shirt is crisp and the pants are tailored to perfection," Lock says. "A vest without the jacket and rolled-up sleeves is a great way to dress down a formal outfit."

Tom wears Zara Man blazer \$159, and vest \$79.95
Geoffrey Beene shirt \$89.95
Zara Man trousers \$79.95
Van Heusen silk tie \$49.95
Zara leather belt \$39.95
Christian Louboutin shoes \$1165

CONTRASTING FORTUNES ►

Black and white is as classic as it gets, and works best with a subtle mix of textures. But before you get too *Reservoir Dogs* make sure your complexion has enough colour to handle the contrasts. "Know your skin tone and what colours look best on you so you don't look washed out," says Adam Johnston, head of Marcs Menswear Design.

Rohan wears Van Heusen three-piece suit \$678
Marcs shirt \$99
Julius Marlow shoes \$159.95
Calibre pocket square \$49



*"BLACK AND WHITE
IS AS CLASSIC AS
IT GETS AND WORKS
BEST WITH A SUBTLE
MIX OF TEXTURES"*

▼ COLOUR CODE

Incorporating colour into your outfit is all about balance. "Choose one bright piece and let it speak for itself," says Lock. "Everything else should be understated and complementary." Anchor a colourful suit with a muted shirt and tie. Alternatively, you can enliven a grey or navy suit with a bright tie or pocket square.

Rohan wears River Island suit jacket \$220,
waistcoat \$80 and trousers \$80
Van Heusen black shirt \$69.95
Julius Marlow shoes \$149.95
Zara Man tie \$29.95

Kath wears Bardot jumpsuit \$149.95
Nerida Winter hat \$995
Oroton clutch \$345



TONE UP▶

Game to try a tonal look? It's easier with dark colours – stick to navy, dark green or burgundy.

Tom wears Tommy Hilfiger jacket \$549, waistcoat \$200
River Island shirt \$40
Tommy Hilfiger suit pants \$250
Abelard tie \$99.95
Farage loafers \$220

Kath wears H&M dress \$69.95
Nerida Winter hat \$220
Christian Louboutin bag \$1625
and heels \$1245

**◀CHECK MATE**

The key to wearing check is to keep it simple. "Try not to over-complicate it," says Johnston. "The shape should be kept clean and simple so the check speaks for itself."

Tom wears Van Heusen three-piece suit \$678
Van Heusen white shirt \$69.95
T.M. Lewin tie \$69.95
Van Heusen cufflinks \$39.95
Julius Marlow shoes \$179.95

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Rohan wears Marcs jacket \$349
 Van Heusen shirt \$69.95
 Van Heusen trousers \$165
 Zara Man bow tie \$29.95
 Van Heusen cufflinks \$39.95
 Tod's loafers \$695

Kath wears Wayne Cooper dress \$499
 Nerida Winter bow headband \$195
 Christian Louboutin heels \$1075

Tom wears Calibre suit \$848
 Country Road shirt \$149
 Van Heusen pocket square \$39.95
 River Island belt \$36
 Julius Marlow shoes \$149.95

YOUR DAY AT THE RACES

EPSOM HANDICAP, October 3
 (Royal Randwick)

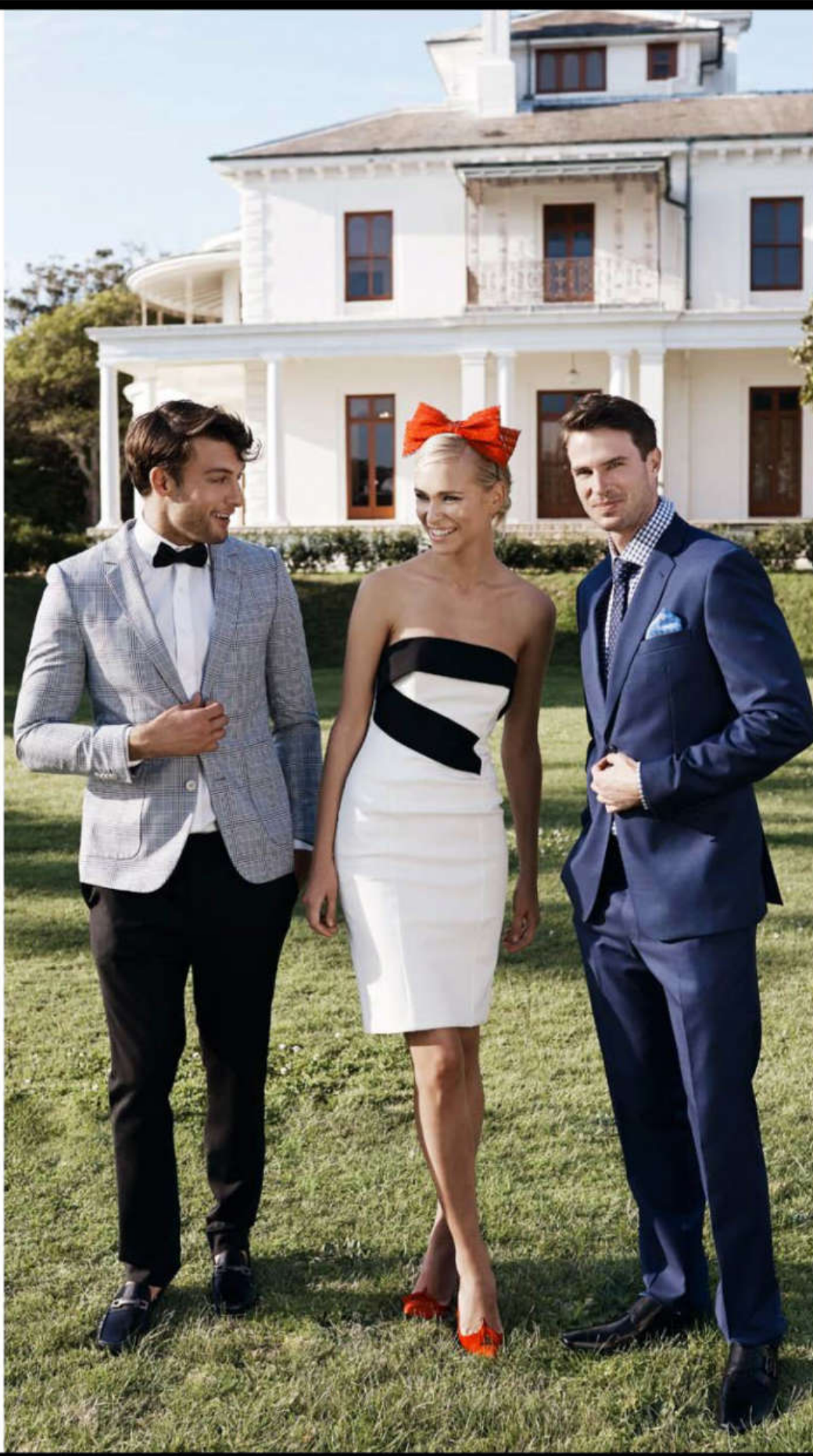
CAULFIELD CUP, October 17
 (Caulfield)

COX PLATE, October 24
 (Moonee Valley)

DERBY DAY, October 31
 (Flemington)

MELBOURNE CUP, November 3
 (Flemington)

MAGIC MILLIONS January 6-12
 (Surfers Paradise)



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\$3775

RIDE ON TIME

AT THE RACES, YOUR WATCH IS YOUR ULTIMATE ACCESSORY. ANDREW McUTCHEN, FOUNDER OF ONLINE WATCH MAGAZINE *TIME+TIDE*, EXPLAINS WHAT TO WEAR AT THE TRACK

PHOTOGRAPHS ESA RUOHONEN

The enduring fashion commandment “Thou shalt always match the colour of one’s belt to one’s shoes” leaves out the all-important watch strap. You have a little more leeway in that department – it’s acceptable to wear a black strap with a dark brown belt and shoes for example. This is because black, brown and navy are all neutrals – they play nicely together.

As for the watch itself, keep it simple. You’d be forgiven for thinking that a sporty watch is appropriate as racing is a sporting event, but really it’s fashion

first, fillies second. And if you must wear a complicated watch, keep it classy – like a moonphase or monopusher chronograph. Also keep an eye on the case profile. No one likes a bulging cuff, do they?

Lastly, gentlemen, it’s time to talk about cordovan. You might know it as a hard-wearing and currently fashionable leather that develops a rich patina over time, but maybe leave it at home on race day. Because the truth is that cordovan is made from horses, and that’s probably bad luck.



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MONTBLANC
HERITAGE SPIRIT
MOONPHASE; \$5400



CLAUDE BERNARD
CLASSIC AUTOMATIC
OPEN HEART; \$1080

PETER JACKSON

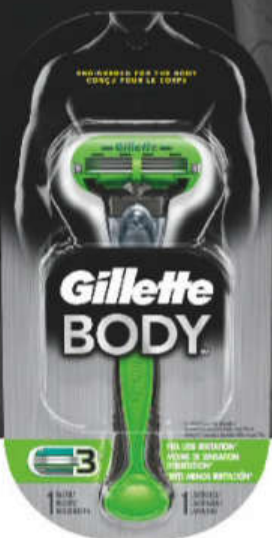


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THE MO-DOWN

THIS NOVEMBER, GROW YOUR MO
AND BRISTLE WITH CONFIDENCE

By Caelia Corse

BIG ONES, SMALL ONES, RED ONES, PORN ONES. Growing a moustache isn't as simple as giving your upper lip a miss when you shave. Like women, some 'taches require specific groundwork, while some are more high maintenance than others. The style of mo you choose can represent your personality – or change it. And, apparently, elevate it.

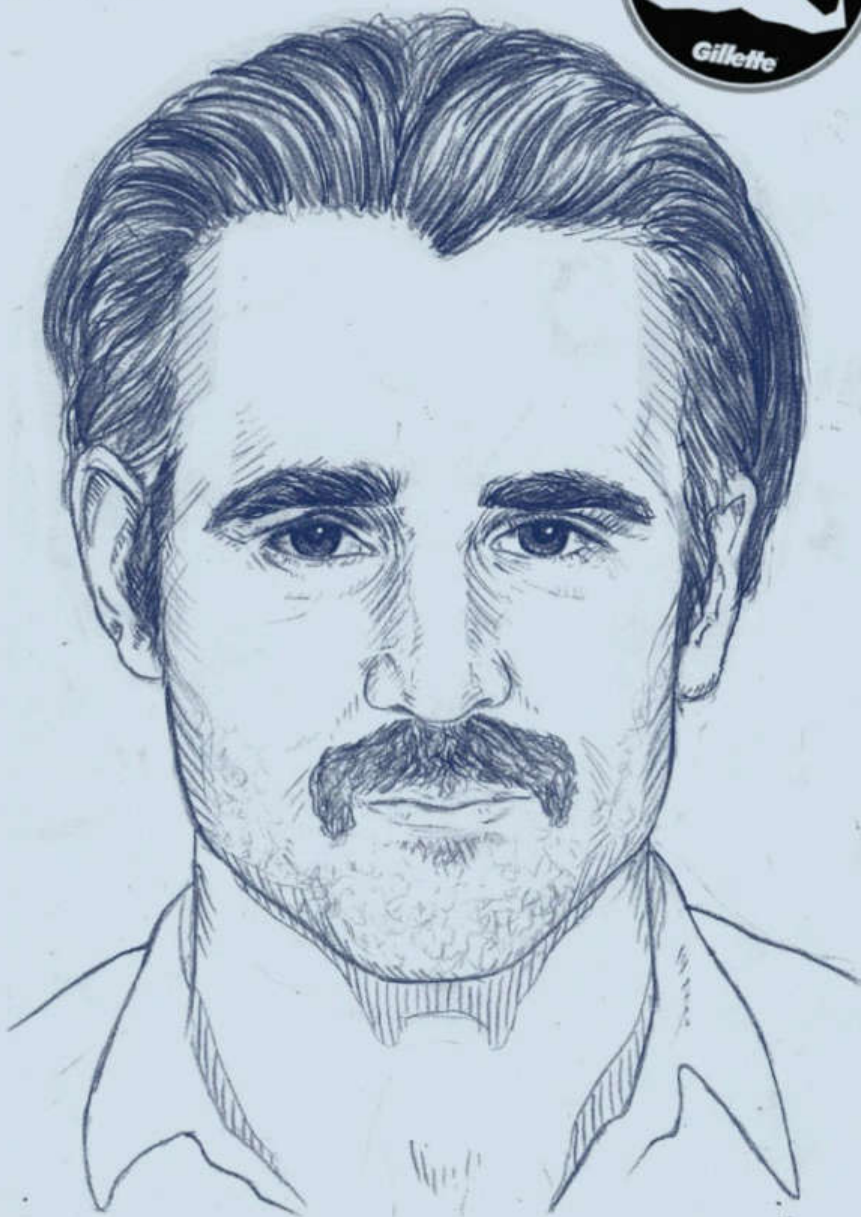
"Although their looks may differ, the men we see who sport a moustache all exert a certain amount of confidence," says barber James Basso, from Sydney's *The Barberhood*. It takes spirit to rock a moustache, he adds, and there's something cool about guys who have the self-assurance to do it.

Now, go forth and unleash your inner cool – or inner David Boon – with these styles of the moment.



The Walrus

The Walrus takes the manliness cake. Think thick, bushy and splendid, with whiskers totally eclipsing your top lip. This style works best with natural or longer hairstyles that don't require much maintenance or product, says Basso. Keep your animal somewhat tamed by combing daily (try **Milkman Australia Mo Brush, \$18**). Wash with a non-irritating facial cleanser (try **QV Gentle Wash, \$10.65**) but don't worry about trimming. Best for blokes with a broad upper lip and coarse, thick hair. »



In True Detective
Colin Farrell
rivalled Ned Flanders
for one of TV's all-
time great 'taches.

The look of love?

There's a reason why porn stars often sport a mo. Moustaches might help you get lucky. Researchers from the University of NSW who studied the link between male facial hair and attractiveness found that masculinity ratings increased as facial hair increased.



The Chevron

"It's the James Franco of moustaches," says Basso. Achievable for most men with an average growth, this classic is thick and wide, worn across the entire upper lip. "Comb the hair downwards, set your trimmer to 3-5 millimetres and trim the moustache area evenly to just below the corners of your mouth." Your whiskers shouldn't go too far over your upper lip, so trim regularly. Apply water-soluble pomade as opposed to wax for a softer look.



The Pyramid

A good entry-level 'tache if you haven't grown one before, or have thinner facial hair. Get the look by using a precision trimmer to create a downward, diagonal border from the base of the nose to the corners of your mouth. Keep the base clear of your top lip. Use a beard trimmer for regular maintenance – a proper pyramid is quite short. This mo suits most men, is quick to grow and, when done right, gives a Brad Pitt-like air of sophistication.



a

SAYING GOODBYE...

Ready for a clean-shave? Follow Basso's steps:

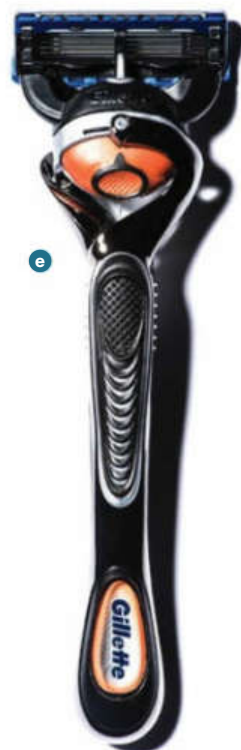
- 1 Use conditioner and warm water to soften your mo and then dry it completely.
- 2 Trim the hair as close to the skin as possible with scissors or a beard trimmer. Try (a) **Philips Beard Trimmer Series 7000, \$109.95**
- 3 Apply pre-shave oil to soften things up. Try (b) **Oscar Natural Shaving Oil, \$8.50**, or (c) **Kiehl's "Close Shavers" Shaving Oil, \$30**. Follow up with quality shaving cream or gel to reduce redness and pain. Try (d) **Schick Hydro Skin Protect Shave Gel, \$5.99**
- 4 Choose a clean, high-quality multi-bladed razor, moving in the opposite direction to your hair growth. Be sure to rinse the blades in warm water. Try (e) **Gillette ProGlide with FlexBall Technology, \$16.49**
- 5 Post shave, rinse your face with cold water to close your pores. Apply a shave balm or skin food to soothe the skin. Try (f) **Thalgo Men After-Shave Balm, \$65**



b



c



e



f



d



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Name: **Aaron Scott**
Position: **Deputy Chief
Sub-Editor**
Age: **34**
Goal: **Bulk up**



Name: **Grant Taylor**
Position: **Editorial
Coordinator**
Age: **23**
Goal: **Reduce body fat**



TRANSFOR



Name: **Chris Mathews**

Position: **Deputy
National Business
Integration Manager**

Age: **33**

Goal: **Regain muscle,
shrink waistline**



You can radically overhaul your body in 70 days flat. The proof? Three *MH* staffers who in this 10-week challenge stacked on muscle and whittled down their waistlines to get in the best shape of their lives. Use their lessons as your blueprint for phenomenal results

MERS

What does a transformation mean to you? For some, it's a simple weight-loss goal. You want to lose your gut and maybe vaporise that double chin once and for all. For others, it means bulking up. You're keen to add lean muscle to fill out a T-shirt or give your body a high-def finish in time for summer.

Whatever your goal, we have the keys to help you get there. Our three staffers each faced specific physical challenges. But with discipline, commitment and bucket-loads of sweat, they achieved staggering results.

Read their stories and follow their workouts and you have the template you need to build the body you want. They've done the hard work. What comes next is up to you. ➤

WIN THE ARMS RACE

NAME:

Aaron Scott

POSITION:

Deputy Chief Sub-Editor

AGE: 34**HEIGHT:** 196cm**GOAL:** Bulk up**TRAINER:**

Cameron Byrnes

QUALIFICATIONS

Adv Dip (A&P), Adv Dip (F)

WEBSITE:

cameronbyrnes.com.au

TWITTER:

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WEIGHT
BEFORE

KG

BODY-FAT %
BEFORE

%

WEIGHT
AFTER

94.8 KG

BODY-FAT %
AFTER

%



Stringbean sub-editor Aaron Scott piled on 6.4kg of lean muscle by going from cardio king to iron man

AN APOLOGY

I admit it - I was wrong. Ever since giving up team sport in my mid-twenties, I've been a cardio devotee. I love running, I love boxing, I love HIIT. I judge the quality of a workout by the amount of sweat I produce.

But gym-bound weightlifting? This is a pursuit I'd always derided. Spending 45 minutes hunched over the preacher-curl bench? Waste of time. Spending an hour targeting your front, middle and rear delts? Barely exercise. Without putting too fine a spin on it, I'd always considered weightlifters to be soft-cocks taking the easy path. And I was wrong.

A week into my 10-week transformation under the guidance of PT Cam Byrnes and I realise there's nothing soft about weight training. Three sets of biceps curls leave me gasping for breath; four supersets of cable flies into wide-grip push-ups have me bent double in agony. And the DOMS! My God, the DOMS... After my first session, focusing on chest and arms, I struggled to unscrew the lid of my protein shaker.

SHUFFLE THE DECK

My greatest fear coming into this challenge was that, by the middle weeks, I'd be bored witless. As someone who loves the visual and mental stimulation of trail running and mountain climbing, the thought of spending 10 weeks training in a concrete-walled gym, locked in a tedious three-sets-of-10 rut was terrifying. Fortunately, Byrnes promptly allayed my fears.

While bro science dictates that sets of 8-10 reps is the muscle-building sweet spot, Byrnes takes a looser approach. "You've got to flip everything on its head," he tells me. "If you stick to the same exercises and the same rep ranges then your body will adapt and your gains will plateau."

For Byrnes, the buzzword is variety. On, say, arms day I might be grunting through sets of eight reps on the preacher-curl bench, focusing on controlling the downward motion, before grabbing a barbell and snapping out sets of 21 reps, focusing on squeezing the biceps at the top of the movement. It's a relentless assault that keeps my mind engaged and my body on its toes.

FORM IS KING

As the weeks pass and my body adapts to the challenges of shifting iron, my impulse is to load the bar up. Hell, you've gotta keep pace with the big boys, right?

Byrnes, however, reins me in, keeping the focus on controlled movements and torturous pauses. On the bench press, for example, I'll take two seconds to lower the bar, then hold it for a full second above my chest, before driving the weight up. When he's feeling particularly malevolent, Byrnes will have me knock out five tiny "pulses" at the bottom of the movement.

It's a technique that brings on an incredible pump - and this is precisely what I'm after. According to Byrnes, years of cardio training have thinned my muscle fibres, meaning they're effective at going long but not so efficient at going hard. This pump indicates my fibres are thickening, becoming more adept at exerting serious power in short bursts.

EATING AIN'T CHEATING

As I move into the final weeks of the challenge, it's not my muscles that begin to revolt - it's my stomach. Come week eight, I enter my carb-loading phase. The aim, Byrnes tells me, is to up the carb intake at my three main meals by 50 per cent, mainlining a flood of high-kilojoule energy to my working muscles.

Sounds easy, right? Hardly. Ten days of carb-loading has forever soured my love affair with the good stuff. I'll never look at bread, potatoes and rice the same way. It's a relief when, four days out from the end of the challenge, I begin to purge the carbs from my plate in an effort to shred up.

JUDGMENT DAY

Adding 6.4kg of lean mass while dropping my body-fat percentage? I was stunned - mostly because my program remained sustainable throughout. Yes, I was hitting the gym six days a week. But with a busy job and a one-year-old daughter, my sessions were only ever 50 minutes long. And with the exception of the carb-load phase, my daily diet was manageable.

It's proof that you don't have to tip your life upside down to achieve results. Train smart rather than hard; eat sensibly rather than obsessively - these are the twin paths to sustainable growth.



Use Aaron's workout to build bazookas

STANDING BARBELL CURL

(3 x 8 reps) Start heavy; squeeze your biceps at the top of the curl

CABLE TRICEPS PUSH DOWN

(3 x 20 reps) Lean forward from the hips, fully extending your arms

WIDE-GRIP CHIN-UP

(3 x 12 reps) Start at a dead hang and pull your chest to the bar

CABLE BICEPS CURL

(3 x 15 reps)



REVERSE-GRIP TRICEPS CABLE PUSH DOWN

(3 x 20 reps) Use an underhand grip; flex your tris at full extension

SINGLE-ARM TRICEPS EXTENSION

(3 x 10 reps)



SEATED DUMBBELL BICEPS CURL

(3 x 15 reps) Get aggressive; sacrifice form to snap the reps out

DAY ON A PLATE

BREAKFAST

Big bowl of oats and Greek yoghurt with dates, almonds and blueberries

MID-MORNING SNACK

Two slices of wholemeal bread with peanut butter and banana, followed by a Professional Whey NZ WPI protein shake

PRE-WORKOUT

300ml of water with Professional Whey creatine and taurine

WORKOUT

1200ml of water with Professional Whey IBCAAs

LUNCH

Two tuna and avocado sandwiches

MID-AFTERNOON SNACK

Handful of almonds, peanut butter sandwich and a Professional Whey NZ WPI protein shake

DINNER

Towering pile of rice, pasta or sweet potato topped with lean meat and vegetables

SLASH AND BURN

NAME:

Grant Taylor

POSITION:

Editorial Coordinator

AGE: 23**HEIGHT:** 192cm**GOAL:** Reduce body fat

WEIGHT
BEFORE

KG

BODY-FAT %
BEFORE

%

**TRAINER:**

Mark McGuinness

COMPANY:

Snap Fitness Waterloo

QUALIFICATIONS:

Cert 3 & 4 in Fitness,
Qualified Boxing
Trainer, Strength and
Conditioning Coach

WEBSITE:

[snapfitness.com.au/
waterloo](http://snapfitness.com.au/waterloo)

FACEBOOK:

Mark McGuinness PT

WEIGHT
AFTER

97 KG

BODY-FAT %
AFTER

19.5%

Editorial coordinator Grant Taylor used a mix of high-intensity circuit training and clean eating to incinerate 13kg of fat

SHOCK AND SORE

I shouldn't be shocked. But I am. See, it's been a while since I've trained like this. Up until two years ago, I played competitive sports year-round. Surfboat rowing in summer, rugby in winter, and plenty of high-intensity weights in-between. But since starting full-time work, my training program has dwindled to one or two half-arsed sessions each week.

So, after one week of brutally intense HIIT sessions in which my heart rate nudges 192bpm, I shouldn't be shocked at how feeble I feel. But I am.

After six sessions with my trainer, Mark McGuinness, I can barely walk, let alone stretch or foam roll. And I'm so weak! I can't even bench more than 60 kilograms - my former warm-up weight.

I have a sore ego to go with my sore muscles. In fact, you could say I've been stung into action.

COLD, HARD STEEL

At the beginning of the challenge, I imagined myself channelling Forrest Gump and incessantly pounding the pavement to shed kilos. It comes as quite a surprise, in week three, when McGuinness advises me that we'll now be turning to iron to move the jiggle from my middle. While we still throw in a HIIT circuit at the end of each session, it's compound movements targeting my legs, back, chest and arms that now comprise the bulk of my training.

The reason, McGuinness explains, is that overdoing the cardio will result in too much muscle loss. The solution is to move weights with minimal rest.

Thanks to my Magellan heart-rate monitor, McGuinness is able to determine just how much rest I need. We spend a lot of time working on my legs and back, the two biggest muscle groups, and over the 6-8 sets I perform on each exercise, my heart-rate rarely drops below 100bpm. That figure translates to enough sweat for me to enter a wet T-shirt competition.

CLEAN AND LEAN

If there was one part of this challenge I was dreading, it was the diet. I pictured myself miserably chewing through mounds of lettuce and tuna, six times a day for 10 weeks. Once again, I was wrong.

The key is preparation. It's surprisingly easy to eat clean during the week thanks to my Sunday afternoon "prep sesh". I'm regularly making chicken salads, filled with leafy greens and other low-carb vegetables, but I'm also mixing things up. Between salmon, chicken and steak, there are plenty of fast and easy recipes out there. Nearly all of my meals are low-carb; however, sweet potato or a lean-meat wrap serve as a good source of energy before or after sessions. By eating small portions often, I rarely feel sluggish or inhibited, while my metabolism is firing on all cylinders.

PUSH FOR PBs

It's week eight and the finish line is in sight. We're on track, with an average weight loss of 1.2kg each week, and I'm feeling far stronger and fitter than I was six weeks earlier.

I stack weights on a barbell for what seems like my thousandth leg day. I pump out 15 reps at 80kg on the deadlift, working up a solid

sweat. I rack another 10 on each side, and punch out another three reps. As I prepare for the next set, McGuinness shakes his head. "We're going heavier," he says, before racking another 15kg on each side for a total of 130kg, a new PB. After psyching myself up, I muster every ounce of strength to lift the bar off the ground. To my surprise, it's easier than I expected and I actually manage a second rep. McGuinness adds another 10kg on each side. My heart rate is high, my legs are shaking, nerves or fatigue, I don't know. I set the bar. It's a struggle. My whole body is shaking and my legs are burning, but, slowly, the bar rises and I manage one proper rep of 150kg.

Yet again I've been proven wrong: I never thought you could shed so much weight while gaining so much strength.

JUDGMENT DAY

A total weight loss of 13.2kg! I actually lost 1.5kg of muscle around my trunk, but I'm told that I will most likely regain that immediately after upping my carbs. I'm thrilled, not just because of the weight loss, but because it was a surprisingly enjoyable 10 weeks where I didn't have to sacrifice too much. Yes, we trained every day and I had to miss a few drinking sessions, but aside from the final few days where I totally eliminated carbs, I found the entire program sustainable.

It goes to show you don't need a miracle diet or impossible workout regimen to drop weight fast. Rather, find a nutrition plan you can stick to and spend each lunch break working up a sweat, and the body you want is within your grasp.



LIFT AND LOSE

Use Grant's conditioning circuit to lop lard from your waistline

SINGLE-LEG PRESS

4 sets x 6 reps each leg

Load up the leg-press machine; switch your glutes on

DEADLIFT (DROP REPS, INCREASE WEIGHT)

1 set x 15 reps

2 set x 10 reps

2 set x 6 reps

1 set x 3 reps

Shoulders back; mixed grip; brace your core



BARBELL BACK SQUAT (DROP REPS, INCREASE WEIGHT)

Push your hips back to lower into the squat

1 set x 12 reps

1 set x 8 reps

METABOLIC CIRCUIT (FOR TIME)

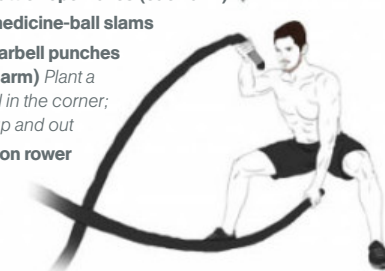
60 x battle-rope waves (each arm) ▼

20 x medicine-ball slams

25 x barbell punches

(each arm) Plant a barbell in the corner; drive up and out

500m on rower



DAY ON A PLATE

BREAKFAST

Two poached eggs

MID-MORNING SNACK

Double-shot espresso, small portion of chicken and leafy greens salad and sweet potato/pumpkin

PRE-WORKOUT

400ml water with Professional Whey IBCAAs, L-carnitine

WORKOUT

600ml water with Professional Whey IBCAAs

LUNCH

Chicken and salad wrap, lean-blend protein shake

MID-AFTERNOON SNACK

Banana, espresso

4PM

Small portion of chicken and leafy greens salad and sweet potato/pumpkin

DINNER

Steak, chicken or salmon with a big serve of salad

SHOULDER THE BURDEN

NAME:

Chris Mathews

POSITION:

Deputy National Business
Integration Manager

AGE: 33

HEIGHT: 182cm

GOAL: Regain muscle,
shrink waistline



**WEIGHT
BEFORE**

86kg

**BODY-FAT %
BEFORE**

17.6%

**WEIGHT
AFTER**

87kg

**BODY-FAT %
AFTER**

15.7%



TRAINER:

Navid Tofighian

COMPANY:

Snap Fitness Waterloo

QUALIFICATIONS:

Cert 3 & 4 in Fitness

WEBSITE:

snapfitness.com.au





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**FIRST 25 PEOPLE TO RESPOND ALSO RECEIVE
A FREE STARTER PACK AND NUTRITION GUIDE**

MH ad man Chris Mathews torched fat and stacked on muscle to reclaim the body of his youth

THE SECOND COMING

There was a time when I loved shifting iron. In my early twenties I worked out regularly, trying to sculpt a physique that bulged in all the right places. But that was a decade ago, before I had a busy job and a family to take care off.

Like a lot of blokes, I let weight training slide when I started working. Slowly but surely my waistline expanded and my muscles became soft. At 33, I began to think my best years were behind me.

The first week of training feels like I'm dusting the cobwebs off an old pushbike that's been gathering dust in the garage. It still works but the components are rusty and the tyres could do with some air. Over the next 10 weeks, my trainer, Navid Tofighian, and I are going to do our best to restore it to its former glory. By the end I hope to be fitter and stronger than I was 10 years ago.

REST ASSURED

Call it maturity, but one of the things I didn't appreciate in my younger days was the importance of recovery. Back then I worked out every day, throwing my body into sessions like a pumped-up prop on Origin night.

I tried the same thing a couple of years ago when I gave CrossFit a go. My body paid a high price. I went too hard, too soon, ripping my pectoral muscle from the bone. It took a year to recover.

That's the beauty of having a trainer like Navid, who can control your tempo, flicking the switch to turbo when necessary and shuffling back down through the gears when your engine starts to overheat.

It's true, I do find myself straining at the leash on days off, but if there's one thing I've learned, it's that you can't build muscle with your arm in a sling.

PACK YOUR WORKOUT

It's midway through my challenge and I'm working up a sweat in a hotel gym in Port Douglas. I look around at my fellow guests' poor technique as they yank dumbbells around like overworked garbage men. I can't help feeling a little smug. On Navid's urging,

I'm focusing on making each rep count, lifting the weights in controlled movements that put maximum strain on each muscle group.

Am I being slack going on holiday smack-bang in the middle of my challenge? The fact is, you have to fit your workout goals around your life, rather than treat yourself like a lab rat in an experiment.

On the flipside, once working out becomes a habit, it becomes portable. For me, runs on the beach are a welcome substitute for cardio sessions in the gym. With the sun shimmering off the ocean, I feel like a million bucks. Looking back now, I should have known: pride always comes before the fall.

EMBRACE THE HARD YARDS

I'm lying on a bench, straining under two 35kg dumbbells. My arms are locked at 90°, but despite Navid's encouragement, I can't bring them together to complete the rep.

I lower the weights, hearing them thud on the floor as I step up off the bench and look back at Navid. "What am I doing wrong?" I ask.

He smiles. "In weight training," he says, "failure is your goal."

From the excitement of the first few weeks, my workouts have become a chore. My body is slow to bounce back and my weekly lifting gains have dropped off dramatically.

I know I'm at the stage where a lot of blokes either pull the plug or settle into a comfortable plateau where muscle growth stagnates as you stop challenging yourself.

But Navid won't have it. As he loads me up for another set, he tells me it's normal to have highs and lows over a 10-week period. I hope he's right. As the weights bear down on me, heavier than ever, my carefree week at the beach seems like a long time ago.

JUDGMENT DAY

The good news? I know my body looks different. I've built a collar-busting set of traps and my stomach has gone from a rolling mound to a flat, lightly corrugated plain. The question is, will the gains I see in the mirror be reflected in the raw metabolic data?

As my body is zapped by the DEXA machine, I'm gripped by a gut-churning anxiety. Could I have trained harder? Should I have forgone that third glass of shiraz at

SHAPE YOUR SHOULDERS

Use Chris's workout to build boulder shoulders and deadlift traps

MACHINE OVERHEAD PRESS

(5 x 10 reps) Load the machine up and use a wide grip; squeeze your shoulders at the top of the movement

DUMBBELL SEATED MILITARY PRESS

(5 x 10 reps) Focus on controlling the weights at the top of the movement - no clanging dumbbells

DUMBBELL LATERAL RAISE ▶

(5 x 10 reps)

DUMBBELL BENCH PRESS

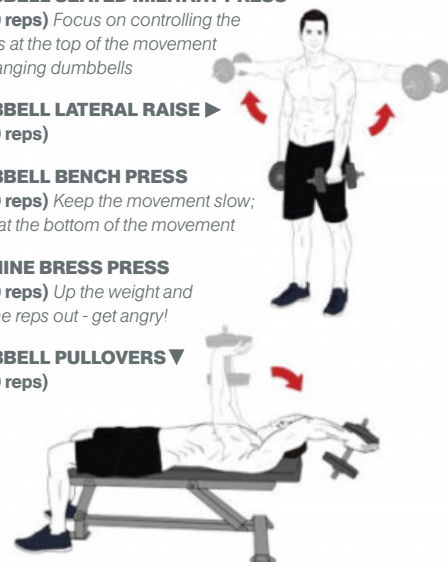
(5 x 10 reps) Keep the movement slow; pause at the bottom of the movement

MACHINE BRESS PRESS

(5 x 10 reps) Up the weight and slam the reps out - get angry!

DUMBBELL PULLOVERS ▼

(5 x 10 reps)



dinner back in Port Douglas? Was I wrong to kiss my guns in the mirror each night?

The answer: hell no! It turns out I've shed over 2kg of fat and added 2kg of lean muscle. I'm chuffed, not only with the numbers but the fact that I've forged a series of healthy habits that I can use to challenge myself even further in future.

This body is mine to lose. I don't plan on letting it go lightly. ■

MH would like to thank the following for their support:

- Snap Fitness snapfitness.com.au
- Magellan magellangps.com.au
- Professional Whey professionalwhey.com.au
- Reebok reebok.com.au
- Measure Up measureup.com.au

Check out our transformers' full workouts at yahoo7.com.au/menshealth

DAY ON A PLATE

PRE-BREAKFAST

SHAKE:

Professional Whey
Select WPC

BREAKFAST

Smoothie with mixed berries:
Professional Whey Select WPC,
Professional Whey Creatine, 200ml
almond milk, two raw eggs,
Professional Whey Organic oats, one
tablespoon of Greek yoghurt

PRE-WORKOUT

Professional Whey WPC &
Professional Whey Creatine

POST-WORKOUT

Professional Whey
Glutamine

LUNCH

Can of tuna and salad,
followed by protein
shake: Professional
Whey Select WPC &
Professional Whey
Creatine

MID-AFTERNOON SNACK

Mixed nuts

DINNER

Steak or chicken and vegies

PRE-SLEEP

Professional Whey Select WPC,
Professional Whey Creatine,
Professional Whey Arginine

THE BODY TRANSFORMING TOOL

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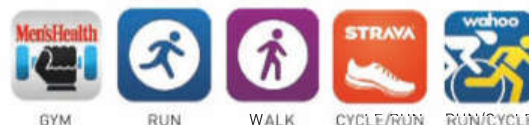
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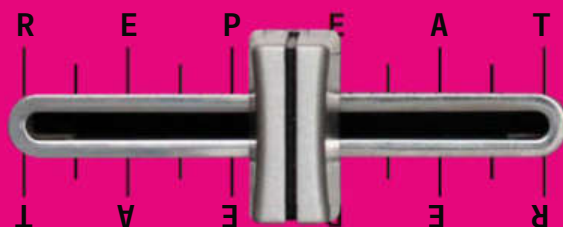
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THE
ALL-NIGHT
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PLAN...

EAT, TRAIN, RAVE,



...FROM
SUPER-FIT
SUPERSTAR
DJs

TOP OF THE CHARTS AND THE RICH LISTS, DJs HAVE GONE FROM PALE UNKNOWNs TO SOME OF THE BIGGEST STARS IN MUSIC. BUT TODAY'S HOTSHOTS ARE MORE LIKELY TO BE HANGING OUT WITH PERSONAL TRAINERS THAN SHADY DEALERS. MH WENT IN SEARCH OF A BRAND-NEW CLASS OF ROCK STAR >

BY DUNCAN DICK



A

nyone in doubt that men with laptops and mixers have usurped the throne traditionally occupied by those wielding guitars need only ask the 5000-strong London crowd going berserk to US DJ Steve Aoki tonight. In the latest stop on his never-ending global tour, Aoki stands before a giant moshpit of flailing arms, euphoric grins, stage-diving and flying confetti. At one point he surfs the crowd in an inflatable dinghy; the next he is pelting grinning ravers with a succession of freshly baked cream cakes. Alone on stage but for the company of state-of-the-art graphics displays, laser beams and dry-ice cannons, it's abundantly clear who the rock star is here.

By comparison with some of Aoki's other shows, tonight is no big deal. At last year's Tomorrowland festival in Belgium, he played to more than 100,000 people. Dance music has exploded in popularity over the past few years, largely driven by the USA's fervent embrace of EDM (electronic dance music) festivals - essentially, hyper-commercialised versions of what men of a certain age would call "raves". Meanwhile, LED technology and pyrotechnics have turned the less-than-riveting sight of a man in headphones twiddling some knobs into an audiovisual extravaganza that makes Glastonbury look like Woodstock.

There was a time, not too long ago, when DJs were little more than faceless party-starters, spinning, mixing and scratching records from a dimly lit booth in the corner of a nightclub. The Chemical Brothers famously eulogised the superstar DJ, but in reality even those with hit singles and household names - the likes of Underworld, Sasha and Roger Sanchez - would not exactly be beating off attention in shopping malls.

Today, the images of big-name DJs are as carefully produced as their music. Take Calvin

Harris. The 31-year-old Scot has transformed himself from the greasy-haired geek who had love for you if you were born in the Eighties, to the tanned face (and toned torso) of a highly lucrative Armani underwear campaign.

His gym-sculpted body, alongside a string of No.1 singles and a residency in Las Vegas superclub Hakkasan (worth an estimated \$300,000 per set), have contributed to Harris's fortunes. According to the magazine *Forbes*, Harris notched the highest single-year payday of any DJ it's ever evaluated, pulling in a reported \$66 million in 2014. That figure puts the DJ among the top 10 richest people in music last year, alongside Paul McCartney, Bruce Springsteen, Beyoncé and Dr Dre. While Harris may be standing in the most lucrative DJ booth on the planet, he is emblematic of a \$4.5 billion scene that has in many ways usurped guitar-based rock music.

The difference is that unlike their rock predecessors, the new crop of millionaire DJs don't have the time or inclination to develop a handsome cocaine habit or go AWOL for a week in Ibiza once their set finishes. They aren't just raking it in - they're working their socks off. They play as many gigs as there are days in the year. They're the party starters in a scene that lives off a diet of MDMA and alcohol, and yet they manage to find balance; to juggle living hard with living healthy.

"DJs are super-fit these days," says Sasha, a clubland veteran who has seen many come and go over his 26 years in the game. "Back in the day, there was a very hedonistic edge to the scene. As a DJ you had to party hard and be the last man standing almost to prove your worth.

Now you've got New York covered with huge billboards of Calvin Harris in his pants. And he looks fantastic. It's simply a different age."

It certainly is: today's superstar spinners have to look good and be at their peak four or five nights a week. They have to be fit and healthy despite a life full of temptation, sleep deprivation and constant travel. The rewards

IS YOUR
REGIMEN
CRYING FOR
A REMIX?

INGREDIENTS OF SUCCESS

BECAUSE A DJ CAN'T SURVIVE ON BEATS ALONE

WHITE START

"MY TRAINER AND NUTRITIONIST ADVISE ME TO EAT SIX MEALS A DAY, INCLUDING 340 GRAMS OF PROTEIN, BECAUSE I'M SO ACTIVE," SAYS DJ CEDRIC GÉRAIS. "BREAKFAST IS AN EGG-WHITE OMELETTE SERVED WITH HIGH-PROTEIN BREAD AND ALMOND BUTTER."

CAVEMAN REMIX

"TWO YEARS AGO, I WAS GETTING A SLIGHT BELLY, SO I SWITCHED TO THE PALEO DIET," SAYS THE UK'S DJ FRESH. "WITHIN SIX MONTHS I'D LOST SIX KILOS. KEEPING IT SIMPLE MAKES IT A LOT EASIER TO STICK TO. AND I COULDN'T DO WITHOUT MY JUICER."

EAT ON THE FLY

"I KNOW EVERY AIRPORT AND WHETHER I'LL BE ABLE TO GET A HEALTHY MEAL THERE," SAYS GÉRAIS. "SAN FRANCISCO IS THE BEST - THEY HAVE GREAT SUSHI AND LOTS OF ORGANIC FOOD. IBIZA IS NOT SUCH A GOOD PLACE FOR EATING HEALTHY, THOUGH. INSTEAD, I ALWAYS GET MY ASSISTANT TO PRE-ORDER AND APPROVE A SPECIAL MEAL ON THE PLANE."

"THERE WAS A
HEDONISTIC EDGE
TO THE SCENE...
BUT NOW DJs
ARE SUPER-FIT"

THE \$66 MILLION MAN

CALVIN HARRIS'S IMAGE CHANGE FROM PASTY PRODUCER TO ARMANI MODEL HAS SEEN HIM BECOME THE WORLD'S TOP-GROSSING DJ



2007



2015

of their vigilance are self-evident: serious money, fame and adulation. The question is not why, but how?

CHEMICAL REACTION

The heroes of the late Eighties dance-music explosion were of a different breed. For many, the discovery of ecstasy was as important as - or at least important *to* - the music. And the last DJ boom, around the turn of the millennium, was synonymous with legendary excess. This was the age of Ibiza's Manumission hotel, where a gang of DJs superglued a dildo to the head of a promoter. This was the era when the notoriously debauched, cocaine-addled DJ Brandon Block, while chatting up a group of female fans outside a club, saw his septum fall out.

While the current scene is tamer by comparison, the rise of dance music in the US owes not a little to the rise of "Molly" - essentially a catch-all term to cover dance-music-friendly stimulants that include old-fashioned MDMA and "legal high" analogues, including mephedrone and methylene.

But while there are still plenty of DJs across dance music's myriad genres with an appetite for excess, the truth is that for big EDM stars, there is too much at stake and, more often than not, too much to do. In 2015, the DJ is invariably the most sober person in the club. "In my world," says Aoki, the day after his London gig, skin aglow as he sips on a kale juice, "I don't see people doing what you'd expect: DJs on cocaine, too drunk to play. The people around me are pretty level-headed. Discipline is the most valuable trait you can have. Without discipline you can't finish a song. You might miss a gig. One of the best feelings for me is to be 'present'. That feeling is why I can tour at the pace I am."

The pace he's referring to means clocking up 200-plus shows a year - a necessity when the more you tour, the more exposure you get.

And thus the more cash rolls in. Most top-bracket DJs play at least four gigs a week worldwide, more at peak times (Ibiza and festival season, New Year parties).

A spoke in the wheel can have serious repercussions. When Swedish superstar Avicii was forced to cancel months of shows after gall-bladder problems last year, he and all the people on Team Avicii who support and depend on him missed out on tens of millions of dollars. DJs like Avicii are effectively CEOs of their own personal companies, and that brings with it a very real pressure. Okay, the glamorous lifestyle of a DJ in 2015 doesn't compare to the grind of a "real job", but keeping a party going until 6am in one time zone before jetting off to do the same in another, while spending most of your working week at 35,000 feet, takes a lot of adjustment.

In days of old, 24-hour party people would turn to chemistry to maintain their energy levels over a full international tour schedule. The new kings of the beats are headstrong and body-smart. ➤

GET READY TO TRY A NEW SPIN ON FITNESS

REP TO THE BEAT

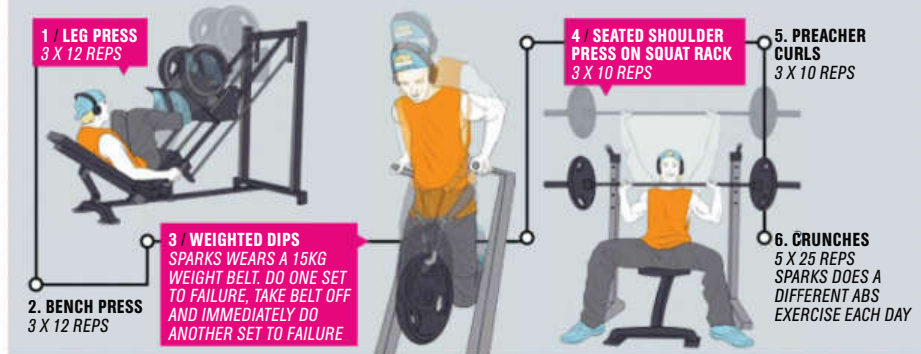
WILL SPARKS' HEAVIEST HITS FOR YOUR HEAVIEST LIFTS

- | | | |
|----|--------------------------|--|
| 1 | COMING SOON | ACTIVATE (ORIGINAL MIX) |
| 2 | ADAM K | POINT OUT OF A CURVE |
| 3 | REFLEKT | NEED TO FEEL LOVED (ADAM K & SOHA VOCAL MIX) |
| 4 | ALL THAT REMAINS | SIX |
| 5 | MARA MUSA FT. JAY PRINCE | LOW |
| 6 | JDG | EL CUBANO |
| 7 | JAUZ, EPHWURD | ROCK THE PARTY (ORIGINAL MIX) |
| 8 | WILL SPARKS FT. LUCIANA | SICK LIKE THAT |
| 9 | LAMB OF GOD | THE FADED LINE |
| 10 | TRIVIUM | ASCENDANCY |



WILL SPARKS' SHRED MIX

USE SPARKS' TOTAL-BODY WORKOUT TO TURN THE TABLES ON LARD



LIVING IN THE ZONE

No-one travels more than Aoki. That's no exaggeration: according to the *Guinness Book of Records*, he holds the dubious accolade of the highest number of air miles accrued in a year by a touring artist. When *MH* sits down with him, the afternoon after his London gig, it's already been a full day for the 37-year-old, with two photoshoots for fashion titles and a clutch of interviews under his belt. Even so, he shows no signs of flagging.

But then, Aoki doesn't flag: in fact, he's determined to take full advantage of the travel and lifestyle his career allows, and does so with a schedule that would crush lesser mortals. Last night he played Brixton Academy. The night before was Manchester's Albert Hall. The night before that, his office was the Eden Beach Club at The Palm in Dubai. (When he arrived via a long-haul flight, the first thing he did was go skydiving over The Palm, then dune-buggy in the desert.) A team of videographers and photographers follow him around the world, and he's about to launch a show on MTV called *Adventure Aoki*. "I'm so lucky to get these opportunities," he says. "I don't want to waste any time sitting in a hotel waiting to go to the club."

In person, his slight frame belies a boisterous, energetic personality to match his stage presence. But it's his holistic approach to diet, fitness and psychology that keeps Aoki spinning at 78rpm. "If you think in a toxic way, what you put out will be toxic," he says. "There's more to being healthy than working out and downing protein shakes."

When Aoki's father, Hiroaki, died in 2008 at the age of 69, he says that one of his main regrets was, "not knowing anything about health". Since then, he has consumed books like *The Omnivore's Dilemma* by Michael Pollan, *Anti Cancer: A New Way Of Life* by Dr David Servan Schreiber, and *Ending Ageing* by Aubrey de Grey. In 2009 he quit alcohol for good ("a major crutch; I needed it to go on stage"). He swears by cruciferous vegetables like kale and rocket, and avoids wheat, flour and other "bad" carbs. And when he needs an energy hit to get him revved up for a 2am DJ slot, he sips on a cup of green tea.

To watch him on stage is one hell of an advert for green tea. The sweat drips off Aoki's back as he bounces around with even more vigour than his entranced, pogoing audience. By way of a crude experiment, *MH* asked him to wear a FitBit Charge fitness tracker for the duration of last night's performance. Two hours later, he'd burned over 4000 kilojoules, with his heart rate consistently up around the 120bpm mark.

Meanwhile, rising Aussie star Will Sparks, who's undergone a similar analysis, was found to have done the equivalent of a 13-kilometre run, lost two litres of fluid through sweating, and dropped a kilogram in weight over a 90-minute set. It's little wonder his body-fat percentage is a greyhound-like 7.5. These are figures that would make a professional footballer proud, and Aoki and Sparks are doing it night after night after night.

The buzz is all well and good, but the hardest part of the DJ lifestyle, says Sasha, is the broken sleeping patterns. "I've done two round-the-world trips in the past month, and coping with the different time zones can be very difficult," he says. "I used to try and force myself into the time zone, but now I just go with it. After all, if I'm waking up and going to work at 1am, there's not much point in trying to fit into the night/day rhythm."

Real name Alex Coe, Sasha made his name at seminal UK clubs like Shelley's, before a partnership with John Digweed and a series of pioneering mix albums saw him become the pin-up of the first wave of superstar DJs.

As with many of his younger counterparts, it's exercise that Sasha uses to offset the frenetic club-to-club lifestyle. "I always take my running gear with me, wherever I go," he says. "I make a point of seeing daylight - to feel the sun on my face and the outdoor air in my lungs. It helps me reset and primes me for the six, seven hours of sleep that I need. I don't really push myself, it's more about just getting outside. It feels so good to flush out the nightclub air from my lungs."

THE KEY TO
LIVING HARD?
TRAIN HARDER

ILLUSTRATION ROOM/SONNY RAMIREZ

RUN TO THE BEAT

STEVE AOKI'S PB-CRACKING CARDIO PLAYLIST

1 CROKKERS FT JEREMIH	I JUST CAN'T
2 STEVE AOKI & MOXI	I LOVE IT WHEN YOU CRY
3 REID STEFAN	FOR THE BIRDS
4 AUTOEROTIQUE & MAX STYLER	BADMAN (TORRO TORRO REMIX)
5 STEVE AOKI & LINKIN PARK	DARKER THAN BLOOD
6 BOTH	STRAIGHT OUTTA LINE
7 SHAUN FRANK	MIND MADE UP
8 THE CHAINSMOKERS	LET YOU GO
9 STEVE AOKI	NEON FUTURE
10 STEVE AOKI & WALK OFF THE EARTH	HOME WE'LL GO



SELF-PRODUCTION VALUES

Edifying though all this talk of bodily preservation may be, don't let anyone kid you that it's not about the aesthetics, too. The rise and rise of Calvin Harris as DJ and model is testimony to the enduring fact that image sells.

Despite the LEDs and pyrotechnics that accompany modern shows, the emphasis on the figure centre-stage is greater than ever. DJs are now expected to serve as a visual focal point, emblazoned in high-definition on enormous screens, conducting a crowd of thousands. With that kind of attention on-stage, they're expected to look the part off-stage, too. In short, the traditional studio tan and diet of leftover pizza is unlikely to score you a campaign with an Italian fashion house.

It won't do much for your head space either. Sparks recently did five months straight on the road, touring through Asia, the US and Europe. His 90-minute sets invariably start at 1am. By the time he's wound down from a gig and is ready for bed, it's 4.30am, then he's got to be up at 9am to make the flight to the next gig. Sparks will arrive in a new town at dinnertime. His first port of call? The gym.

"Every chance you get on the road you've got to work out, otherwise your mental state's going to suffer," says the 22-year-old from Melbourne. "You've got to get that adrenaline release. It's the only thing that keeps me happy when I'm away from home for long periods."

Some DJs take setting an example to a whole new level. "Maybe it does look a bit strange halfway through a six-hour set when everyone else is drinking champagne and my manager brings me a protein shake," concedes French DJ Cedric Gervais. The epitome of the slim and trim DJ, Gervais achieves the look by working out every morning at 11am with a personal trainer. "When I'm on the road, my team choose the hotels that I stay in after a gig and they make sure it's somewhere with a good gym. I try to be very, very disciplined."

And there's that word again: discipline. About as un-rock'n'roll a term as you could hope for, and yet seemingly the crucial quality for a successful modern DJ.

The crude fact is, no six-pack means no music video; it means no Vegas residency; it means no high-profile endorsement; it means no appearance on the *Forbes* rich list. DJs haven't started looking after their bodies simply because they want to, but because the commercially driven party industry that they front demands it. Working out, eating well, cutting out the drink, drugs and other excesses of their predecessors, are all as important to succeeding in electronic music as a set of turntables or an 808 drum machine ever were.

The DJ is dead. Long live the DJ. ■

IT'S TIME TO
REVISIT YOUR
BODY OF WORK

TO WATCH
AOKI ON STAGE
IS ONE HELL OF
AN ADVERT FOR
GREEN TEA

**Want to
know the
simple tip that
can add 15
years to
your life?**

**Or which
animal will
reduce your risk
of having
a stroke?**

**Or the
food that
will power you
towards your
100th year?**

**What about
the best way
to survive a
shark attack?**

**This month we
bring you a full
century of easy lifestyle
tweaks that will make
a huge difference to the
length of time you spend on
Earth. Not only that, they'll
give you an enviable
quality of life. Happy
birthdays!**

BY ELLIE MOSS

WAYS TO LIVE FOREVER^{*}

^{*}(OR AT LEAST EXTEND YOUR LIFE BY A FEW YEARS) >

SMALL STEPS TO LONG LIFE

7 YEARS

Be a city slicker. City dwellers live, on average, seven years longer than those who reside in rural areas.

AUSTRALIAN INSTITUTE OF HEALTH AND WELFARE

4.5 YEARS

Change your name to up your lifespan. People with "positive initials" – such as JOY or VIP – live 4.5 years longer than those with negative ones.

JOURNAL OF PSYCHOSOMATIC RESEARCH

5 YEARS

Eat a small amount of dark chocolate three times a week and you can live up to five years longer than people who shun the sweet stuff entirely.

HARVARD UNIVERSITY

5.5 YEARS

Wipe an average of 5.5 years off your perceived age simply by shaving. The friction from your razor stimulates collagen production and smoothes the skin for a cleaner and more youthful-looking complexion.

NORTHUMBRIA UNIVERSITY

12 YEARS

A massive 12 years can be added to your life if you take up jogging, walking or tennis for 30 minutes three times a week.

BRITISH JOURNAL OF SPORTS SCIENCE

15 YEARS

Eat less and you'll get more out of life. Consuming a meagre 6300 kilojoules a day can extend your time on Earth by up to 15 years.

UNIVERSITY OF ARIZONA COLLEGE OF MEDICINE

7 SOCIABLE WAYS TO ADD EXTRA YEARS

1 BE NICE

Kindness will up your life expectancy. A study of older couples found people who help others as little as once a year are up to 60 per cent more likely to outlive self-centred people.

UNIVERSITY OF MICHIGAN

2 STAY MARRIED

Ten years of marriage will see an increase in your lifespan. The reason? Marriage makes you less likely to indulge in risky behaviour. But divorce and remarriage nullifies the effect.

JOURNAL OF HEALTH PSYCHOLOGY

3 GET FRISKY

Reduce your risk of age-related erectile dysfunction by a third by having sex twice a week. Up sex to three times and you'll cut your risk of droop by half.

AMERICAN JOURNAL OF MEDICINE

4 WIDEN YOUR CIRCLE

You are 26 per cent less likely to develop dementia if you have three or more friends.

AMERICAN JOURNAL OF PUBLIC HEALTH

5 COMMIT

Single men are more at risk of lethal strokes than those in happy relationships.

THE AMERICAN STROKE ASSOCIATION CONFERENCE

6 REPRODUCE

Two is the magic number when it comes to children. Couples with two sprogs live longer than those with one, or three-plus.

SOCIAL SCIENCE AND MEDICINE JOURNAL

7 SAY THANK YOU

Just being grateful can add up to four years to your life.

UNIVERSITY OF PENNSYLVANIA POSITIVE PSYCHOLOGY CENTRE

5 WAYS TO FIGHT THE BIG C

1



ASPIRIN

Will prevent up to 30 per cent of colon cancers. A low daily dose (81 milligrams) is all you need.

HARVARD HEALTH LETTER

2



THYME

On your bolognese, this herb can prevent cancer. Its beta-carotenes fend off the disease.

ROSWELL PARK CANCER INSTITUTE

3



BLUEBERRIES

Contain fibre that protects against intestinal problems such as colon cancer.

LUND UNIVERSITY

4



ROSEMARY

With your beef will help to reduce cancer-causing HCAs during cooking.

JOURNAL OF FOOD SCIENCE

5



FISH (any type)

Can cut the odds of contracting cancer by 50 per cent. And you only need to eat 100 grams a day.

THE INTERNATIONAL AGENCY FOR RESEARCH ON CANCER

4 TIPS TO KEEP YOUR LOOKS

1

A daily pine-bark tablet known as Pycnogenol will decrease the amount your skin ages from sun damage by 50 per cent.

UNIVERSITY OF CALIFORNIA

2

Another reason not to light up: smoking reduces the skin's natural elasticity by breaking down collagen, which reduces skin thickness and causes premature ageing.

MAYO CLINIC

3

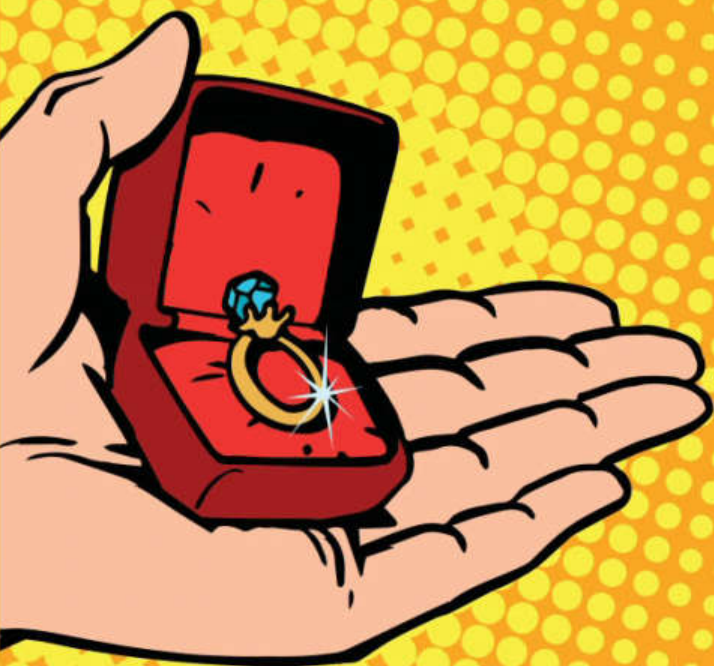
Use a moisturiser with antioxidant CoQ10 in it and see a 29 per cent reduction in wrinkles in six months.

JOURNAL OF COSMETIC DERMATOLOGY

4

To reduce sun damage by a massive 85 per cent, all you need is an SPF15 sunscreen.

UNIVERSITY OF CALIFORNIA



Single men are more at risk of lethal strokes than those in happy relationships

3

SECRETS TO KEEPING YOUR 20/20 VISION

1 / Shoot your way to better vision
and quicker reactions by playing video games. Gory shoot 'em ups are an excellent tool for improving your contrast sensitivity.
UNIVERSITY OF ROCHESTER

2 / Prevent vascular constriction,
which leads to glaucoma – and, by turn, potential blindness – by keeping your diet low in saturated fat.
ROYAL NATIONAL INSTITUTE OF THE BLIND

3 / Eating papaya will protect and improve your eyesight. The reason being that its levels of lutein leave the eyes 80 per cent less likely to suffer from age-related macular degeneration.
FLORIDA INTERNATIONAL UNIVERSITY

FOUR

THINGS TO GIVE UP NOW TO SEE YOU INTO YOUR NINETIES

1 / Fizzy drinks
Kidney function declines by 30 per cent if you have two or more fizzy drinks a day.
HARVARD MEDICAL SCHOOL

2 / Tofu
The brains of men over 40 who eat soy function at a 20 per cent lower level.
LOUGHBOROUGH UNIVERSITY

3 / Analysing your bank balance
Constant worrying shortens your life span by 16 years. So chill out...
PURDUE UNIVERSITY

4 / Friday-night drinking sessions
Your risk of stroke increases by 56 per cent if you regularly binge drink.
STROKE JOURNAL

12

WAYS TO UPGRADE YOUR LIFESTYLE AND LIVE LONGER



1 / Get a cat
Cat owners are 40 per cent less likely to die from a stroke than those who go it alone. Puss helps alleviate heart-harming stress.
UNIVERSITY OF MINNESOTA STROKE CENTRE



2 / Go Mediterranean
Upgrading to the Mediterranean diet – olive oil, veggies, fruits, nuts and fish – reduces your risk of heart disease and overall mortality.
BRITISH MEDICAL JOURNAL



3 / Upgrade your postcode
Men from poorer areas suffer twice the age-related ailments as those in leafier locales.
ENGLISH LONGITUDINAL STUDY OF AGEING



4 / Do the vacuuming
Clean the house for a longer life: 20 minutes of chores a day lowers blood pressure by 13 points.
MEDICINE & SCIENCE IN SPORTS & EXERCISE



5 / Get a room with a view
Living by a park adds five years to your life. Trees take pollution from the air and just looking at them reduces stress.
TOKYO MEDICAL UNIVERSITY



6 / Learn the guitar
Taking up one of the arts is associated with less depression and better health.
NORWEGIAN UNIVERSITY OF SCIENCE & TECHNOLOGY



7 / Think young
Your interpretation of your age keeps you young. So have some playtime to roll back the years.
PURDUE UNIVERSITY



8 / Get more qualifications
The more exams you pass, the longer your life. Being less well-educated makes it more likely you'll have a job that comes with a higher risk of injury.
UNIVERSITY OF ARKANSAS



9 / Go vegetarian
Lettuce lovers live longer due to their lower fat intake and higher vitamin consumption.
UNIVERSITY OF VIENNA



10 / Play board games
They're as good for your health as exercise. Having fun is essential to longevity.
HARVARD UNIVERSITY



11 / Emigrate (or stay put)
Move to Iceland or Switzerland – or stay in Oz: we're among the world's top countries for male life expectancy.
UNITED NATIONS



12 / Worship the sun
Low vitamin D levels increase your risk of type 2 diabetes. Get your fix with 10 minutes of sunshine a day.
UNIVERSITY OF WARWICK

AGE-ERASING EXCUSES TO PUT THE KETTLE ON



1 / Mint tea contains hesperidin, an antioxidant that reduces oxidative stress and inflammation associated with type 2 diabetes by 52 per cent.
UNIVERSITY AT BUFFALO



2 / Fend off Parkinson's with a cuppa. Black tea is an effective way to fight the disease.
AMERICAN JOURNAL OF EPIDEMIOLOGY



3 / White tea stops wrinkles from forming by preventing the activity of the enzymes that break down your elastin and collagen.
KINGSTON UNIVERSITY

5 REASONS TO EAT FRUIT & VEG

1 / Your risk of stroke will decrease by 42 per cent if you eat nine portions of fruit and vegetables a day.

AMERICAN JOURNAL OF CLINICAL NUTRITION

2 / Bananas lower blood pressure and their potassium regulates heartbeat.

AMERICAN HEART ASSOCIATION

3 / An orange a day will reduce your risk of larynx and stomach cancer by 50 per cent.

CSIRO

4 / Eating foods high in vitamin C, like oranges and broccoli, increases your protection from heart disease – men can even achieve a six-year life extension from it.

UNIVERSITY OF CALIFORNIA

5 / Your chances of a long life increase by a quarter if you eat a fig a day. Their high calcium content is the life-saver.

JOURNAL OF ETHNOPHARMACOLOGY

3 STEPS TO AN AGE-ERASING BREAKFAST

1 Go nuts

The likelihood of developing Alzheimer's is reduced by 44 per cent if you consume 22g of peanut butter a day. Spread it on your morning toast.

RUSH UNIVERSITY MEDICAL CENTRE

2 Milk it

Two daily glasses of milk will cut your risk of metabolic syndrome, which can lead to diabetes and heart disease, by over 50 per cent.

AMERICAN JOURNAL OF HEALTH PROMOTION

3 Get the blues

A handful of blueberries in your cereal will keep you looking younger and your organs healthier, thanks to their antioxidant content.

TUFTS UNIVERSITY

Optimists live 19 per cent longer than misery guts. Stay positive by counting your blessings

8

LIFE-EXTENDING SUPERFOODS

1



Brown rice

It lowers your risk of diabetes, due to its vitamin B₁.

HARVARD SCHOOL OF PUBLIC HEALTH

2



Broccoli

It contains vitamin K, which regulates insulin, so you have less chance of developing type 2 diabetes or being obese.

TUFTS UNIVERSITY

3



Cranberry juice

Three glasses a day will lower your risk of heart disease by 40 per cent.

UNIVERSITY OF SCRANTON

4



Avocados

A source of potassium, which (combined with a low-sodium diet) guards against high blood pressure and stroke.

US FOOD AND DRUG ADMINISTRATION



REASONS TO BE CHEERFUL

1 / You're three times less likely to die from a heart attack if you believe your risk is low. Optimism prevents overeating.

ANNALS OF FAMILY MEDICINE

2 / Optimists live 19 per cent longer than misery guts. Your move: stay positive by counting your blessings each day.

MAYO CLINIC

FOUR INCENTIVES TO LOSE WEIGHT AND GAIN YEARS

1. You're likely to suffer your first heart attack three-and-a-half years earlier if your BMI is between 25 and 30.

JOURNAL OF THE AMERICAN COLLEGE OF CARDIOLOGY

2. Men over the age of 25 who cut their kilojoule intake by at least 15 per cent (about 1200kJ) increased their average life expectancy by 4.5 years.

SAINT LOUIS UNIVERSITY

3. A spare tyre in your forties triples your risk of dementia. Even if your BMI is healthy, your odds are still twice as high.

JOURNAL OF NEUROLOGY

4. Lose 13.5kg, if you're overweight, and your testosterone will rise to the level of a man 10 years younger.

JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM



AGE-PROOF YOUR MIND

1 Stay positive about memory

If you think your memory worsens with age, then it will. Men who stereotype their age scored worse in memory tests.

YALE SCHOOL OF PUBLIC HEALTH

2 Eat more fish

Up your intake of fish to lower your cholesterol and, in turn, your Alzheimer's risk by 66 per cent.

UNIVERSITY OF KUOPIO

3 Do difficult tasks

Mental stimulation enhances brain connections and encourages "plasticity" (the brain's ability to change). Try completely new things, like learning a language.

MOUNT SINAI SCHOOL OF MEDICINE

4 Switch to AJ

Swap orange juice for a glass of apple juice. It prevents the formation of "senile" proteins in the brain that can lead to Alzheimer's and dementia.

UNIVERSITY OF MASSACHUSETTS

5 Get online

One week online, indulging in daily, hour-long internet sessions, is all it takes to boost brain power. The web triggers key centres in the brain that control decision making and complex reasoning.

UNIVERSITY OF CALIFORNIA

6 Eat more omega 3s

They are the nutrients that are best for boosting your mood – and depressed men die earlier.

PSYCHOSOMATIC MEDICINE JOURNAL

7 Don't miss breakfast

It's vital in the fight against dementia. Folate in cereal cuts your chances of developing the disease by 75 per cent.

JOURNAL OF NEUROLOGY, NEUROSURGERY & PSYCHIATRY



5



Red grapefruit

Eating one a day will lower LDL (bad) cholesterol by 20 per cent.

HEBREW UNIVERSITY OF JERUSALEM

6



Black turtle beans

Their antioxidants fend off disease. Costa Rica's Chorotega tribe eat them and have the most centenarians on Earth.

THE BLUE ZONES BY DAN BUETTNER

7



Coffee

Four cups a day reduces your risk of dying of heart disease by a stunning 53 per cent.

BROOKLYN COLLEGE

8



Watercress

It increases levels of cancer-fighting antioxidants lutein and beta-carotene – 85g will give you maximum benefits.

AMERICAN JOURNAL OF CLINICAL NUTRITION

USE SLEEP TO EXTEND YOUR LIFE

- 1 Remember more**
Eight hours' sleep a night protects against age-related ailments, such as memory loss.
UNIVERSITY OF VIRGINIA
- 2 Take heart**
Reduce your risk of heart disease by 37 per cent by taking a 30-minute lunchtime nap three times a week.
ARCHIVES OF INTERNAL MEDICINE
- 3 Avoid long lies**
More than eight hours of sleep a night reduces life expectancy.
ARCHIVES OF GENERAL PSYCHIATRY
- 4 Breathe easy**
Sleep on your side to halve the sleep-apnoea-related wake-ups you experience. These pauses in breathing can lead to heart problems.
UNIVERSITY HOSPITAL BERN
- 5 Ditch type 2 diabetes**
People who get less than six hours of sleep a night are 2.5 times more likely to develop type 2 diabetes, as your body loses the ability to control blood sugar.
NATIONAL ACADEMIES OF SCIENCES, ENGINEERING AND MEDICINE

3 WAYS TO CHEAT A VERY STICKY END AND LIVE LONGER

- 1 / Stay off the toilet in thunderstorms.** Lightning can jump through the plumbing.
US NATIONAL WEATHER SERVICE
- 2 / Use an in-car phone holder.** Reaching for loose objects makes a crash more likely.
MAYO CLINIC
- 3 / If you're attacked by a shark, hit it in the eyes or the gills. Hit it in the snout and you might lose an arm.**
UNIVERSITY OF MARYLAND



EIGHT WAYS TO WORK

- 1 / The top jobs for staying mentally agile** are nursing, farming and all forms of office work. And have a gossip – being social lowers your risk of degenerative disease by 34 per cent.
AMERICAN JOURNAL OF EPIDEMIOLOGY
- 2 / Work doesn't drive you mad.** Quite the opposite: the older you are when you retire, the older you'll be if and when you develop dementia. A job challenges you and social activity keeps you mentally agile.
INTERNATIONAL JOURNAL OF GERIATRIC PSYCHIATRY
- 3 / Do some brain training and work harder.** People with a low IQ have a higher risk of dying from lung and stomach cancer.
THE SCOTTISH MENTAL HEALTH SURVEY
- 4 / Go for a walk at lunchtime** to cut your risk of heart disease and type 2 diabetes. Sitting down triples your chances of both because lipase, the enzyme that regulates the absorption of fat, is inactive when you're seated.
UNIVERSITY OF MISSOURI



SEVEN TIPS FOR A FITTER OLD AGE



1 Take up Tai Chi

It helps to prevent osteoarthritis. Do two, hour-long sessions weekly to reap the benefits.
TUFTS UNIVERSITY



2 Jog on

Your chances of dying from all major deadly diseases is cut by 40 per cent if you run away from them. Running primes the body to avoid infections and cancer.
STANFORD UNIVERSITY



3 Keep going

Regular running also helps to delay the onset of arthritis by as much as 12 years.
STANFORD UNIVERSITY



4 Don't stop

You can continue to enjoy all the benefits of running for many years; you shouldn't experience any real slowdown until age 70.
SPORTS MEDICINE JOURNAL



5 Pump it up

Your risk of stroke is reduced by 40 per cent if you lift weights, as this decreases blood pressure.
UNIVERSITY OF MICHIGAN



6 Take a walk

Studies show walking quickly enough to get out of breath, but still being able to maintain a conversation, will help to keep your heart healthy.
HARVARD UNIVERSITY



7 Bulk up

Muscle aids metabolism of blood sugar, which lowers the risk of a range of illnesses.
UNIVERSITY OF YORK

DRINK AWAY THE YEARS

1 A glass of wine a day reduces the risk of age-related physical disability by 25 per cent.
UNIVERSITY OF CALIFORNIA

2 You can up your omega 3 levels without fish oil. Two glasses of wine a day will help your body metabolise these oils.
AMERICAN JOURNAL OF CLINICAL NUTRITION

3 Your chance of reaching 85 goes up by 97 per cent if you have two (and only two) alcoholic drinks a day.
AMERICAN MEDICAL ASSOCIATION

YOUR WAY TO A LONG LIFE

5 / Work part-time after retirement to stave off age-related disease. Leaving your job cold turkey is equivalent to obtaining a muscular, athletic body then spending the next 10 years as a couch potato.

JOURNAL OF OCCUPATIONAL HEALTH PSYCHOLOGY

6 / Incorporating a quiz into your Friday afternoons will increase your life expectancy by 60 per cent. Adding an element of enjoyment like this will make you less likely to take up bad habits like smoking.

UNIVERSITY COLLEGE LONDON

7 / Staying at least one hour longer at work can help you avoid stress-related heart problems. If you take your work home, you are 20 times more likely to develop heart disease.

JOHNS HOPKINS UNIVERSITY

8 / Reduce your daily risk of death by 10 per cent by delaying your retirement for five years. Keeping your mind and body active keeps them functioning properly.

AMERICAN JOURNAL OF EPIDEMIOLOGY

SWIM FOR LIFE-LONG VICTORY



1 Swimming cuts your risk of death. Scientists found a regular dip in the pool cuts your risk of dying prematurely by 50 per cent, compared with runners or walkers.

UNIVERSITY OF SOUTH CAROLINA

2 And it helps prevent bone degeneration. This is because the water bears your weight without stressing your bones and joints.

UNIVERSITY OF LOUISIANA

Want to know
what's on her
mind? Probably
the same thing
that's on yours.



PHOTOGRAPHS: DAVID LESLIE ANTHONY & CARLOS NUNEZ/PIODESK.COM



LICENCE TO THRILL

WE ASKED 1430 WOMEN
ABOUT THE BEST SEX
OF THEIR LIVES.

GREAT NEWS:
THE ENCOUNTERS
THEY CAN'T STOP
THINKING ABOUT ARE
THE FANTASIES
YOU THOUGHT
WERE FORBIDDEN ➤

BY **LAURA ROBERSON**

Sex hasn't always
been done behind
closed doors -
which is great
news for you.



HER NAKED THRILLS, EXPLAINED

Surrender. Exposure. Dominance, risk, urgency.

When 1430 women told us about the most erotic experiences they'd ever had, those psychological commonalities emerged. Likewise, patterns were clear in their descriptions of the sex: it was rushed, it was rough, it was innovative; she felt confident and in control - even when tied up!

What's going on here? Experts have at least one unifying theory: passion is primitive. "In the days of nomadic tribes, sex was probably a very public experience," says Dr Matthew Jones, author of a study on exhibitionism in the journal *Sexuality & Culture*. "The idea of privacy hadn't yet come about - people hunted together, ate together and had sex together. Exhibitionist urges may be a throwback to that."

But as women traded their animal skins for lingerie, they became more hush-hush about sex - and realised that naughty secrets are way more fun. Lucky for you, we coaxed them into sharing. Here are women's most carnal thrills - and how you can make them come true.



**WOMEN DIVULGE THE HOT MOVES THEY CRAVE,
BUT ARE TOO SHY TO SUGGEST**

*"BLINDFOLD
ME SO I CAN'T
WATCH WHAT
YOU'RE DOING."*

—Christine, 21

*"STOP TREATING ME
LIKE I'M MADE OF
GLASS. SOFT,
SENSUAL SEX
IS NICE, BUT
SOMETIMES I NEED
YOU TO MAKE ME
FEEL DIRTY."*

—Amanda, 23

*"PUT MY ARMS ABOVE MY SHOULDERS.
HOLD THEM DOWN SO I'M JUST DYING
TO TOUCH YOU BACK BUT CAN'T."*

—Christie, 25

huge surge in adrenaline from the fight," says Dr Marianne Brandon, sex therapist and co-author of *Reclaiming Desire*. "That creates a powerful sense of release."

It may be impossible to cool that combustion, but it helps to ask: is this make-up sex . . . or sex to make up? "Sex shouldn't be used as a Band-Aid for unresolved conflict," says Dr Justin Sitron, an assistant professor of human sexuality at Widener University. "It should be the result of renewed intimacy."

Julia's example was spontaneous; if there's time, make sure she's in the mood, too. "Smile at her and see if she smiles back. Or make a joke about your argument and see if she responds positively," says Brandon. "You can also try a more tender approach, like rubbing her head or touching her face."

Make-up sex

"We were having an argument in his car when all of a sudden things started to get hot. The yelling stopped – we kissed so hard, and then I was naked on top of him, having really good sex in the car, which was parked in front of my house. We totally forgot about the fight."

—Julia, 21

THE GUY: New boyfriend

HER THRILL FACTOR: Rushed

Make-up sex mixes two volatile elements: emotional resolution and physical connection. "There's a lot of fire and energy in your body – you've just experienced a

Doggy-style

"He tied me up and then went to town on me downstairs, using his mouth and his hands. Then we had wild doggy-style sex. It was totally amazing!"

—Lauren, 28

THE GUY: Casual boyfriend

HER THRILL FACTORS: Illicit, self-confident, rough

Of course this gives you, big dog, an awe-inspiring, primal view. But what makes it so arousing for her? For women, the thrill of rear-entry sex may be more mental than physical, a recent study from Wayne State

University found. "Women feel a certain level of exposure that they don't necessarily feel in other positions," Brandon says. "And that sense of vulnerability helps them feel erotic."

That's not to say the physical aspect is lacking, though – for some women, doggy-style can be a prime position for G-spot stimulation, says Sitron. If your partner craves face-to-face connection (or feels shy), suggest having sex in a modified spooning position – that is, with your stomach resting on her side – so you can still make eye contact. Another option: doggy-style in front of a mirror. Speaking of which . . .

Sex and mirrors

"We both came twice while we watched our reflection in the mirror."

—Natasha, 30

THE GUY: A stranger

HER THRILL FACTOR: Self-confident

Sure, mirrored ceilings are an enduring sexual cliché – but for good reason. "During sex, mirrors let you occupy two perspectives: the exhibitionist and also the voyeur, since you're viewing yourself," says Jones. Fooling around in front of mirrors also offers you a new view of her. "You can see aspects of your partner's body that may be lost from other angles – how she sweats or flushes in certain areas, the way her back arches," says Sitron. If seeing her

in action is what excites you, ask her to masturbate while you watch indirectly through a mirror. "This adds another voyeuristic layer," says Sitron. In fact, while we're on the topic of masturbation . . .

Mutual masturbation

"My boyfriend took the time to make me feel comfortable and really sexy before asking me to masturbate in front of him. He maintained eye contact and kept telling me how beautiful I was and how hot it was to see me lose control. This has become a staple in our foreplay – sometimes we even start off by masturbating together."

—Sara, 21

THE GUY: Boyfriend
HER THRILL FACTOR: Exhibitionistic

Letting someone else in on your solo sex life can be nerve-racking for both men and women. But it can also be enlightening and intensely intimate. "You see your partner at the height of pleasure, without the question of, 'am I performing well?'" says Sitron. She may feel self-conscious at first, so suggest masturbating at the same time under the covers while maintaining eye contact, says Brandon. Reinforce how arousing she is, and eventually she may become comfortable tossing the sheets aside. And then you'll see exactly how she likes to be touched. Take notes. ➤

Maximum exposure

"My boyfriend and I were on holiday, playing in the water out really deep. I straddled him, and we started kissing and grinding on each other. Soon my bikini bottom was pushed to the side, and his board shorts were undone. We had to grind very slowly because a couple of ladies were not too far way."

— **Angela, 25**

THE GUY: Long-term boyfriend

HER THRILL FACTORS:

Exhibitionistic, rough, romantic, rushed

The risk of being caught was cited by 38 per cent of the women in our survey. "Whether or not others see you, exposing yourself to the risk of discovery is an act of exhibitionism," says Jones. "You just have to believe you might be seen. The sensory arousal of fear combines with the sensory experience of sex." In other words, your brain may interpret that fear-fuelled adrenaline rush as passion.

"Start with kissing outside at night" says Brandon. "Darkness feels safe, and most women are comfortable making out in a semipublic setting." If she seems

at ease, propose going further. You may find that she's surprisingly receptive - more than a quarter of women in our survey named outdoor, public or semi-public places (like a car) as the hottest spots for sex. And it can naturally combine with . . .

Rough sex

"We were house hunting and I went to check out the bathroom. He crept up behind me and pressed his body against my back. He ran his hands down my neck and caressed my breasts while nuzzling my ear and biting my neck. He massaged my clitoris through my clothes and then turned me around, passionately kissed me, and ripped my clothes off. We had sex against the wall - then decided to buy the place!"

— **Jessica, 26**

THE GUY: Husband

HER THRILL FACTOR: Rough

Nearly half the women we surveyed said their most erotic experience involved "rough" sex. You don't have to go all whips and chains, though. "Rough doesn't necessarily mean painful," says Brandon. "It's probably more

about very intense and primal sex - almost animalistic."

A couple of beginner moves: light hair-pulling and biting. Start by grabbing a sizable chunk of her hair - the sensation will be less intense than if you take hold of a few strands - and pull at the roots, not the ends. Then engage in a little gentle nibbling - inner thigh, nipples, neck, ears - and then eventually progress to biting. You need to apply only about as much force as required to bite into a banana, says Sitron. Just make sure to communicate throughout the encounter so you know that she's comfortable and as aroused as you are. Then maybe you can start to introduce . . .

Bondage

"We did it Fifty Shades-style before it was a book: dimmed lights, lots of mild bondage, blindfolds, feathers and ice to tease, taking sexy photographs, different rooms in the house and all different positions. It was all about doing things that felt taboo."

— **Skye, 29**

THE GUY: Husband

HER THRILL FACTORS: Innovative, sensual, rough

Sure, *Fifty Shades of Grey* took bondage mainstream, but women have been fantasising for decades about being tied up. In fact, even in the Eighties - the era of Fabio - researchers concluded that the plots of romance novels suggest a desire for domination. But it's not so much the external stuff - the leather and the cuffs - that excites her, as the internal experience. "Bondage is really about playing with an aspect of yourself you don't often experience in daily life," Sitron says.

It's okay to use *Fifty Shades of Grey* as inspiration, but your ultimate goal should be to find out what arouses both of you as a couple. An easy starting point: "Tying her hands with your tie may mean a lot more to her than using handcuffs," says Sitron. "Or you can try vinyl straps with velcro, which can feel less permanent but are still strong." To give her licence to unleash, establish a safe word to signal discomfort. Sitron's suggestion: choose a colour, like "fuchsia" - it's a word that isn't likely to come up in sex play but won't completely kill the mood either (like, say, your grandmother's name).

Reunion sex

"My boyfriend and I hadn't seen each other for at least a week and I came home to new lingerie and a candlelit apartment. We did it everywhere and in every position possible! The best was fast, rough doggy-style. It was a night of multiple orgasms."

— **Emily, 23**

THE GUY: Long-term boyfriend

HER THRILL FACTORS:

Self-confident, exhibitionistic, romantic, rough

Distance primes you for sex as thrilling as your first-time hook-up. "When you're not around each other all the time, you can appreciate aspects of the relationship you might not notice when you're buried under all the mundane parts of daily life," says Sitron.

The key to reheating the relationship is initiating reconnection before you walk



WOMEN REVEAL THE STEAMY WAYS THEY'VE REACHED SEXUAL NIRVANA IN THE BEDROOM

"WHILE HE'S INSIDE ME, I'LL MAKE HIM STOP FOR JUST A SECOND TO FEEL ME TIGHTEN."

— **Melanie, 24**

"WE ORDERED A BUNCH OF TOYS - VIBRATOR, DILDO, BONDAGE CUFFS, LUBE - ONLINE AND HAD AN 'UNBOXING NIGHT' AT HIS HOUSE."

— **Skye, 29**

"HE ASKED ME TO SEND HIM PICTURES OF WHAT I LIKE, POSITIONS TO TRY, FANTASIES. DOING RESEARCH ON GOOGLE IMAGES MAKES CATCHING THE TRAIN TO WORK MORE INTERESTING."

— **Lauren, 28**



through the front door. After all, she may have forced herself to not think about you, since it would only make her miss you. So before your arrival, shoot her a sexy text - "What's your favourite part of having sex with me?" - then plan something romantic for your reunion.

"What does she appreciate in the re-entry process?" asks Sitron. "For some women, bringing back a box of gourmet chocolates can help connect her to your experience. Other women might just want a massage and downtime." And when you finally do come together . . .

Simultaneous orgasm

"For New Year's Eve, we made a plan to delay pleasure so we would both be able to reach orgasm at midnight." - Chimene, 34

THE GUY: New boyfriend
HER THRILL FACTOR: Sensual

Chimene's example is for special occasions only. Part of the amazing high of simultaneous orgasm is the serendipity of it, says Sitron. Plus, "it's hard to do. You don't want sex to become an obstacle course, leading to this one thing that means you did it right." That said, climaxing in sync is associated

with higher sexual, relationship and life satisfaction for both sexes, according to a study in the *Journal of Sexual Medicine*. Just don't expect intercourse alone to do the trick - the study revealed that few couples consistently peak together during penetration. "With intercourse alone, it can be difficult to reach orgasm purposefully," says Citron. "Men climax quickly through intercourse, while women may have a harder time." So pick a position that slows you down, and speed her up with a vibrator. Or try 69 - orgasm through oral sex can be easier to control. ■

RIGHT HERE?

YES

Women told us where their ecstatically crazy, deliriously risky sex went down

- OPEN-AIR THEATRE
- HILL BESIDE THE HIGHWAY
- BUSY CARPARK
- SHOWER
- FLOOR OF A HOTEL ROOM
- OVER THE PHONE
- AGAINST A WALL
- BOAT
- UNI RESIDENCE LOUNGE
- THE BEACH
- ON TOP OF A SWISS BALL
- ELEVATOR
- MOVIE THEATRE
- STEAM ROOM AT THE GYM
- GOLF COURSE
- DESK
- KITCHEN TABLE
- HIS PARENTS' COFFEE TABLE
- SHED AT THE HARDWARE STORE
- ON TOP OF THE DRYER
- SPA BATH
- DURING A POST-MARATHON MASSAGE
- BONNET OF THE CAR
- CONSTRUCTION SITE
- BACKSEAT OF A PEOPLE MOVER
- DIRT BIKE IN THE BUSH
- NEXT TO A BONFIRE
- STUCK IN TRAFFIC
- MEN'S BATHROOM
- KITCHEN BENCH
- FOOTY FIELD
- BACKSEAT OF A TAXI
- HOSTEL IN ATHENS
- UNDER THE FOAM AT A FOAM PARTY
- DECK OF A CRUISE SHIP
- HIS PARENTS' LIVING ROOM
- OCEAN-VIEW BALCONY
- A PICNIC TABLE
- HALLWAY OF A HOTEL
- BACKSEAT OF A POLICE VAN
- PROFESSOR'S BEDROOM
- POOL FLOATS
- COMPUTER SCIENCE LAB



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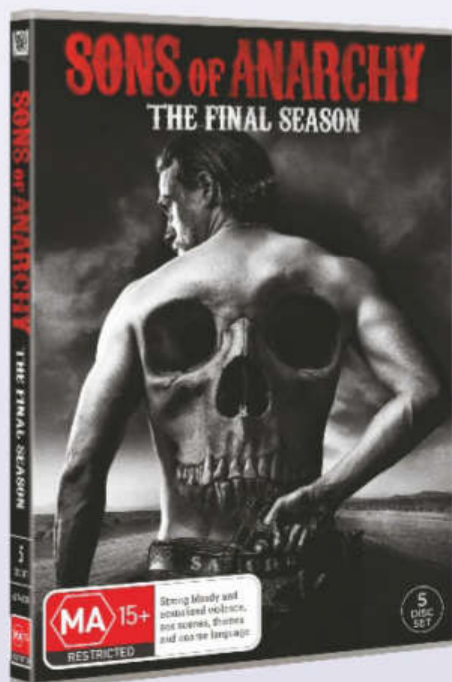
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Hoping to slip into a well-cut suit at this year's Spring Racing Carnival? These recipes from Australia's top jockeys are safe bets to whip you into shape

BY BRAY STONEHAM PHOTOGRAPHY BY RICHARD MORTIMER

How does this sound for a daily regimen? Start with a brutal cardio workout. Follow it up with a marathon sauna session, then refuel with a meal in which your kilojoule intake is calculated down to the second decimal point.

No, this isn't the regimen of a boxer training for a title fight or an anxious movie star preparing for a blockbuster action movie. It's the job requirement for a jockey looking to make weight for a race.

Unlike most professionals, jockeys have no set hours. There's no trudging into work or ecstatically clocking off. Every waking

minute involves preparing, mentally and physically, for race day and those few crucial minutes where you're saddled to your steed.

If the discipline required sounds monk-like, the reason is simple. Your weight is often the difference between winning and losing. Achieving your lightest possible body mass is a critical factor in producing the best possible ride. And in this fragile metabolic matrix, what you eat easily trumps the kilojoules burned in the gym or puddles of sweat accumulated in the sauna. They might not eat with gusto, but jockeys do eat with purpose.

"Jockeys need to make their few kilojoules count, so every mouthful needs to provide nutrients," says Simone

Austin, from the Dietitians Association of Australia. "You need the right mix of vegetables to help provide a feeling of fullness, protein for muscle repair and carbohydrates for energy."

If you've been horsing around with your diet, now is the time to apply the whip. Fiona Sutherland, sports dietitian at Racing Victoria, has consulted with four of Australia's top riders to put together this winning quartet of pre-race meals. Not only will they fuel your training, they'll also help you obliterate excess baggage to win any photo finish. Whip them up in your kitchen and then, when it comes to your day at the races, you'll be ready to put your money where your mouth is. ➤



01



THE "BLACKENED SALMON WITH CORN SALSA" GUINEAS

Ryan's Record:

500+ race wins including the 2014 McEwan Stakes on Angelic Light

INGREDIENTS

- 1 tbsp sweet paprika
- 1 tsp ground oregano
- 1 tsp dried thyme
- ½ tsp ground white pepper
- ½ tsp ground black pepper
- Pinch of cayenne pepper
- 4 x 200-gram salmon fillets, halved crossways
- 1 tbsp olive oil
- Corn salsa**
- 2 corn cobs, husks and silks removed
- 2 spring onions, finely chopped
- 1 green capsicum, deseeded and finely chopped
- 2 ripe tomatoes, finely chopped
- 3 tsp fresh lemon juice

Method: To make the corn salsa, cut the cobs lengthways and remove the kernels. Cook corn in a small saucepan of salted boiling water for two minutes. Refresh under cold running water. Drain well. Combine the corn, spring onion, capsicum, tomato and lemon juice in a medium bowl. Season with salt and pepper.

Combine the paprika, oregano, thyme, and black and white pepper on a plate. Add salmon and turn to coat. Transfer to another plate.

Heat the oil in a large non-stick frying pan over medium-high heat. Add the salmon and cook for two minutes per side for medium or until cooked to your liking. Set aside for five minutes to rest.

Divide salmon among serving plates. Top with the corn salsa to serve. Serves 8

FORM GUIDE

"This is a higher-energy and total-fat dish, but salmon is high in omega 3 fats, which promote good heart health, as well as being high in protein and low in saturated fat," says Sutherland. "The addition of the corn salsa adds some fibre and vitamins, as well as making it look awesome."

HOT TIP

Punch On To incinerate lard, do 30 minutes of boxing, including heavy bag work, mixed with high-intensity skipping, says Maloney. "This really works your stamina and core." Finish with a high-tempo run on the treadmill.

Nutritional information (per serve)

1085kJ
26g protein
6g carbohydrates
14g fat (3g saturated)
3g sugar
3g fibre
48 milligrams sodium



Nutritional information (per serve)

805kJ
15g protein
11g carbohydrates
10g fat (4g saturated)
4.5g fibre

02



THE "CHEESE AND SPINACH PIE" DERBY

Chris's Record: 1000+

race wins including the 2013 Adelaide Cup on Norsqui

INGREDIENTS

- 2 bunches (600g each) English spinach, leaves picked, washed and dried
- 125ml (½ cup) water
- 1 large brown onion, halved and finely chopped
- 200g reduced-fat ricotta
- 60g reduced-fat feta, crumbled
- 3 eggs
- 2 egg whites
- ½ loosely packed cup of coarsely chopped fresh continental parsley
- ½ tsp ground nutmeg
- Salt & freshly ground black pepper
- 6 sheets filo pastry (Antoniou brand if possible)
- 2 tsp olive oil
- 2 tsp reduced-fat dairy spread (Devondale Light if possible), melted

Method: Preheat oven to 190°C.

Place the spinach and two tablespoons of the water in a large saucepan. Place over medium heat, stirring occasionally for 5-7 minutes or until spinach wilts. Drain and set aside for 20 minutes to cool. Coarsely chop spinach and place in a large bowl.

Meanwhile, place the remaining water and onion in a saucepan and bring to the boil over medium-high heat. Reduce to low and simmer, covered, stirring occasionally, for 10 minutes or until onion softens. Remove from heat. Drain.

Add the onion, ricotta and feta to the spinach and stir to combine. Whisk together eggs and egg whites in a jug. Add to the spinach mixture along with the parsley and nutmeg. Stir until combined. Season with salt and ground black pepper.

Place filo sheets on a clean work surface. Combine the oil and melted spread in a bowl. Lightly brush two-thirds of one filo sheet with oil mixture. Fold crossways into thirds. Cut in half crossways. Line a three-centimetre-deep, 11cm-round pie tin with half the pastry. Spoon one-sixth of the spinach mixture into the pie case and top with remaining pastry. Roll edges together to seal. Brush lightly with oil mixture. Repeat, in five more batches.

Place pies on a baking tray and cut two small slits in the top of each pie. Bake in a preheated oven for 25 minutes or until golden brown and puffed. Serves 6



FORM GUIDE

"Generally, people think pastry is unhealthy – but not this one," says Sutherland. "This is a low-energy dish, but the fat and protein from the eggs and cheese are good for keeping you full for longer while also providing a variety of amino acids. For jockeys, this is a great main meal or a half serve makes a satiating snack." Freeze in portions to take to work or the races, she adds.

HOT TIP

Set Your Alarm A more sustainable way to drop kilos? Go for a light run first thing in the morning, before breakfast.



THE "CHICKEN NOODLE LETTUCE CUP" STAKES

Patrick's Record: 107 race wins in two years including the 2014-15 Metropolitan Apprentices Premiership

INGREDIENTS

- 1 x 220g chicken breast fillet
- 100g rice or mung bean vermicelli
- 1 large carrot, peeled and coarsely grated
- 1 Lebanese cucumber, finely chopped
- 1 celery stick, trimmed and finely chopped
- ½ red capsicum, deseeded and finely chopped
- 1 tbsp sesame seeds
- 1 tbsp soy sauce
- 1 tbsp sweet chilli sauce
- 8 small iceberg lettuce leaves, washed and dried

Method: Fill a large frying pan with water and bring to the boil over high heat. Reduce heat to low. Add the chicken and simmer for eight minutes or until cooked through. Transfer to a plate and set aside for 15 minutes to cool. Shred the chicken into thin strips and place in a large bowl.

Meanwhile, place the vermicelli in a heatproof bowl and cover with boiling water. Set aside for five minutes to soften. Drain well. Use kitchen scissors to cut into three-centimetre lengths. Add vermicelli, carrot, cucumber, celery, capsicum and sesame seeds to the chicken. Whisk together the soy and sweet chilli sauces in a jug. Add to the chicken mixture and gently toss to combine.

Spoon the noodle mixture among the lettuce leaves and serve immediately. *Serves 4*



FORM GUIDE

"This is a low-energy, low-fat meal that is perfect for summer," says Sutherland. "The noodles provide a suitable source of carbohydrates to assist the muscles and brain to recover and be prepared for the next day; the chicken provides valuable protein to help with recovery and longer-lasting satiety."

HOT TIP

Mix Your Cardio To move kilos fast, row for 20 minutes, jump on the exercise bike for 30, then do a 15-minute blast on the cross-trainer, advises Moloney.

Nutritional information (per serve)

845kJ
16g protein
26g carbohydrates
3.5g fat (0.5g saturated)
4.5g fibre



THE "THAI BEEF SALAD" HANDICAP

Stephen's Record: 12 Group-1 victories including the Australian Guineas on Ferlax

INGREDIENTS

- 1 stalk lemongrass, pale section only, finely chopped
- 3 kaffir lime leaves, finely shredded
- 1 large (500g) beef rump steak
- 3 Lebanese cucumbers, cut into ribbons
- 250g punnet grape tomatoes
- 1 long red chilli, seeded and thinly sliced
- ½ cup round mint leaves
- ½ cup coriander leaves
- ½ cup Thai basil leaves
- 2 tbsp fish sauce
- 2 tbsp lime juice
- 2 tbsp brown or palm sugar
- 1 tsp sesame oil

Method: Combine the lemongrass and one lime leaf in a medium-size glass or ceramic bowl. Add the beef and toss to coat in lemongrass mixture. Cover with plastic wrap and place in the fridge for one hour to let the flavours develop.

Preheat a griddle pan on high. Add the beef and cook for 2-3 minutes each side for medium or until cooked to your liking. Transfer to a plate and cover with foil. Set aside for five minutes to rest.

Combine the cucumber, tomato, chilli, mint, coriander and basil on a serving platter. Combine the fish sauce, lime juice, sugar



FORM GUIDE

"A wonderful, tasty dish that looks more complicated than it is," says Sutherland. "Most of the carbohydrate is coming from the brown sugar, which only provides short-term energy. For longer-lasting energy, consider adding some rice noodles."

HOT TIP

Tri Time To keep your metabolism ticking over without running yourself into the ground, do triathlon training. "I run, swim or bike four mornings a week," says Baster.

and sesame oil in a screw-top jar and shake until well combined.

Thinly slice the beef. Arrange the beef over the salad. Drizzle with any pan juices, then drizzle with dressing and sprinkle with remaining kaffir lime leaves. Serve immediately. *Serves 4*

Nutritional information (per serve)

957kJ
27g protein
10g carbohydrates
8g fat (3g saturated)
10g sugar
3g fibre

Is the hydra-headed
beast of digital
technology ruling
your life?

YHOO	15.75	15.75	15.75
WMT	59.25	59.25	59.25
AA	1.10	1.10	1.10
BA	68.97	68.97	68.97
CUM TO	8.50	8.50	8.50
TH TO	55.50	55.50	55.50
RY TO	40.170	40.170	40.170
LLOYD	1.00	1.00	1.00
MSPL	584.200	584.200	584.200
HDBAL	11.00	11.00	11.00
DBK DE	19.25	19.25	19.25
DPW DE	81.000	81.000	81.000
SIEF	12.00	12.00	12.00
HOL RD	261.000	261.000	261.000
SAL NG	1.00	1.00	1.00
TEL AX	1.00	1.00	1.00
STO AX	1.00	1.00	1.00
TLS AX	1.00	1.00	1.00
0386 HK	14.000	14.000	14.000
0016 HK	14.000	14.000	14.000
0005 HK	14.000	14.000	14.000
2346 TW	19.000	19.000	19.000
2449 TW	53.400	53.400	53.400
6078 TW	59.420	59.420	59.420
HD	17.530	17.530	17.530
HPQ	205.000	205.000	205.000
IBM	23.425	23.425	23.425
INTC	69.000	69.000	69.000
JNU	40.860	40.860	40.860
JPM	41.775	41.775	41.775
KFT	38.000	38.000	38.000
KO			



YOUR ATTENTION PLEASE

TECHNOLOGY WAS SUPPOSED TO SET US FREE. INSTEAD, MANY OF US ARE SINKING IN THE FACE OF INFORMATION OVERLOAD. FIND OUT HOW TO FIGHT BACK AGAINST THE MONSTER OF MULTITASKING

BY **AARON SCOTT** ILLUSTRATIONS BY **MARIO WAGNER**

I'm writing this story on paper. With a pen. Using my hand. Which, I've got to say, is alarmingly fatigued after churning out precisely four sentences. Why am I writing this by hand? Well, I've got a problem. And, no offence, but I'm willing to bet you do, too. The problem is called multitasking and it's a dark scourge that manifests itself in myriad ways, most of them somehow connected to computers and screens. My symptoms are fairly standard. I can no longer sit by myself in a crowded room without texting someone. I can no longer wait at the train station without scrolling through my Facebook feed. And I can no longer go to the bathroom without taking my phone and skipping through Twitter as I sit on the can. (See, it's an ugly affliction.) ➤

F I'M NOT DOING at least two things at once I feel lazy. If I don't have at least two screens glowing before me I feel deeply unfulfilled. I'm a slave to the cha-ching sound on my phone that indicates the arrival of a new text. I'm in thrall to the two-tone beep on my computer that heralds the landing of another email. And I'll drop anything - a book, a beer, my baby - to punch out a like on Instagram. I'm always on, always looking for something else to do. For reasons that I can't fully explain, I've come to equate movement with efficiency, busyness with productivity.

And I can feel it changing my brain.

Twelve years ago, when I was at university, I could easily wile away an entire day in the dusty stillness of the library. I could burn an afternoon sprawled on the couch watching movies. I could meander through a magazine, cover to cover. These days, such leisurely activities sound about as feasible as a two-year-old tackling Tolstoy (or a 34-year-old tackling any tome, for that matter). I gloss over words, skim through paragraphs, switch off movies after the first scene. My mind has become a jumpy flashlight, its beam of focus skittering wildly from one briefly illuminated object to the next.

To be honest, I don't like it. My memory's grown flabby, my concentration's turned brittle, my stress levels have ballooned. I need to relearn the fine art of concentration, that rare ability to pay attention to a single task. But first, I have to know what I'm up against.

BRAIN FADE

Dr Olivier Piguet smiles as I describe my symptoms. A genial neuropsychologist based at Neuroscience Research Australia in Sydney's inner east, Piguet's seen these symptoms before. And, yes, he tells me as we sip mineral water in his office, my anecdotal observations are correct. My brain has changed - and not in a good way.

According to Piguet, multitasking is a misnomer. The frontal lobe of the brain - the part of the brain that drives your cognitive function - can't do multiple tasks at once. What it does instead is switch from one to the next. And this juggling of tasks is incredibly wearing for your grey matter. "Your brain has to keep dividing its resources among the tasks you're doing - and we don't have an infinite pool of resources," says Piguet. "We only have a limited amount of energy and attention and cognitive effort."

Little surprise that a tired brain, exhausted by leaping from one task to the next, is an inefficient brain. Functional MRIs show that, when single-tasking, the brain uses both frontal lobes to complete the job. When a second task is added, the two lobes deal with each job individually. When a third task is introduced, the brain starts to crash. Facts are forgotten, response times stretch, error rates spike.

A study published in the journal *Neuron*, for example, found participants who multitasked took up to 30 per cent longer to finish the tasks and made twice as many errors as those who completed the same tasks in sequence. Even more dramatic was a King's College London study which found that trying to concentrate on a task while an unread email is sitting in your inbox can drop your functioning IQ by 10 points - more than double the four-point drop that occurs when you smoke pot. According to Piguet, this is the great myth of multitasking. We think we're achieving more - in fact, we're doing less.

The worst news of all? The scars of multitasking can be permanent. According to Piguet, the frontal lobe is the first part of the brain to show signs of ageing. Exhaust it day after day, year after year, and the ageing process accelerates. Constantly drenched with stress hormones like cortisol and adrenaline, the neural connections begin to break down, prompting sloppy thinking and erratic behaviour. "You have less self-control," says Piguet. "You behave in a less optimal fashion, you make errors, you respond impulsively." Put simply, multitasking makes your brain old before its time.

"So what can I do?" I ask Piguet. "Short of tossing my phone in the bin and unplugging my computer, how do I stop this?"

Piguet shrugs: "It's not easy. You need to be less responsive and more in control; you need to compartmentalise the tasks you do. But it's not easy . . ."

DISCIPLINE YOURSELF

I suspect Piguet said some interesting stuff after that but, to be honest, I felt my phone buzzing in my pocket and I realised that I'd forgotten to call my mum for her birthday and with that, the floodgates opened and a torrent of random thoughts poured into my mind, relegating Piguet's voice to a background hum.

This, according to Dr Darryl Cross, is a prime reason why we need to purge ourselves of the multitasking bug. "The brain cannot multitask," he says. "Biologically, we're incapable of processing attention-rich inputs simultaneously."

"Right. So how do I stop?"

"Well, what you've got to do is keep the main thing *the main thing*."

A friendly gent with a paternal air, Cross is a psychologist and careers coach. Based in Adelaide, his job involves taking successful men - corporate bigwigs, captains of industry - and making them even more fruitful by rooting out bad habits, sloppy thinking and unhelpful routines. And, yes, multitasking is one of the worst habits he comes across.

For Cross, the only answer to this creeping plague is discipline. We need to erect fences around our tasks, he says, and let nothing cross these barriers. He points to email. Cross only checks his emails twice a day, at 11am and 4pm. At those times he'll answer every message he deems worthy of reply, then he'll ➤





MASTER OF YOUR DOMAIN

According to psychologist and career coach Dr Darryl Cross, the application of a little discipline in the office can free you from the manacles of multitasking. Follow his tips to knock your working day into shape

01

Compartmentalise

Set aside specific times during the day to answer emails or texts. At all other times, keep your email switched off and your phone on silent to avoid temptation. "We need to get into disciplined routines," says Cross.

02

Time out

Block out 20 minutes every day to sit by yourself – undistracted by colleagues, emails and phone calls – and simply think. "These thinking times are especially important if you're in a leadership or managerial role, because that's when you stop issues developing."

03

Digital detox

If work is invading your home life, turn your phone off the moment you walk through the front door and don't turn it back on until you leave for work the next morning. "Trust me, the world won't end; there'll be no major crises," says Cross.

**When people only
checked their email
three times a day, their
stress levels were
significantly lower**



switch his email off so the incoming messages don't invade his working day like rabbits creeping into a field of wheat.

Science is onboard with Cross. A recent study from the University of British Columbia found that when people only checked their emails three times a day, their stress levels were significantly lower than when they checked their mail whenever the fancy took them. A University of California study, meanwhile, hooked office workers up to heart-rate monitors. When their email was on, the worker's heart rates stayed at a zippy "high alert" cadence; when their emails were switched off, their heart rates returned to a slower and naturally variable state.

For Cross, these studies confirm what experience has taught him. He instructs me to follow his lead. I'm to set aside blocks of time to check emails, write texts and check the like tally on my latest food-porn post. Outside of those times, I'm to switch off my email and put my phone in a drawer. "It's all about discipline," he says. "I know discipline's a dirty word for many, but you can't get away from the fact that discipline is what stops you derailing yourself."

BREATHE, DAMN IT!

All of which is sound, practical advice. But surely there's something more I can do? Something deeper that drives to the heart of the problem? Something that can reverse the damage my brain's suffered over the past decade?

These are the questions I'm posing to Neera Scott (no relation to the author) in a buzzing Sydney cafe. "Life's not going to get easier," she says. "It's not going to get slower and it's not going to get more simple. So we're really at a critical point in how we deal with what we've created."

Scott is an executive yoga teacher who now works as a senior consultant for the Potential Project, a company that aims to instil organisational mindfulness in our frenetic, techno-heavy offices.

According to Scott, mindfulness training - paying absolute attention to a simple and repetitive action - is the ultimate antidote to the multitasking affliction. She ticks the benefits off on her fingers. Mindfulness sharpens our focus, hones our awareness and clarifies our discernment. In Scott's estimation, these three skills combine to cultivate objectivity. "And *that* gives you the perspective," she says, "to step back from the constant mental chatter and make better decisions."

I frown. To be honest, I can't quite douse a smouldering scepticism when it comes to airy pursuits like mindfulness. It seems to be the cure *du jour* for any given ailment. Stressed? Meditate! Depressed? Breathe! Anxious? Assume the lotus position! Yes, I've read the science. Indeed, a recent study published in the *American Journal of Psychiatry* found that when US Marines incorporated mindfulness

training into their pre-deployment regimen, rates of post-traumatic stress disorder and depression plummeted when they returned to civilian life. But I can't quite shrug the lurking suspicion that mindfulness is, well, bullshit.

Scott breathes through her nose before responding. Mindfulness training works, she says, because it physically changes the brain. "When you consciously focus on one thing, you're strengthening neural pathways and creating new patterns. Over time it becomes a new habit."

And recent research from Adelaide's Carnegie Mellon University has discovered the exact mechanism at play. Focusing on something as elemental as breathing strengthens the prefrontal cortex, the evolved region of the brain responsible for rational thought. And a strong prefrontal cortex, the researchers found, can outmuscle the amygdala, hypothalamus and anterior cingulate cortex - less-refined regions of the brain that dial up the stress response.

To this end, Scott sets me a simple task. I'm to set a timer for 10 minutes and find a comfortable place to sit (no, it doesn't have to be cross-legged on a bamboo mat). Then I'm to straighten my back, relax my shoulders, close my eyes and observe my breathing for 10 minutes. "Sounds simple, right?" she says, before laughing ominously.

FIGHT BACK WITH FOCUS

It's six weeks down the track and, as I come to the end of this story, I pause, my pen hovering over the notepad. Has my mind changed? Have I managed to undo a decade's worth of multitasking damage?

Well, I still keep my email switched off when I'm at my desk - aside from a 9am and 4pm check. And I still do my mindful breathing each morning - although I've given up reaching the 10-minute mark and instead settle for 15 breaths of cast-iron concentration.

There are other little focus-honing tricks I've picked up along the way, too. Like writing things by hand. Or closing my eyes when I speak to someone on the phone. Or even talking to myself while doing simple tasks like making a cup of coffee or cutting my toenails.

Has all this strengthened my brain and slashed my stress levels? Maybe. A bit. But one thing I'll say is this: I do feel a growing sense of control in my day-to-day existence. I no longer feel in thrall to the screens that surround me; I'm no longer a trained seal jumping at the sound of my phone or rolling over at the call of my Facebook account.

As I write these words, I'm reminded of something Cross said when I started my experiment. "We need to get some sanity back into our lives," he told me. "Because we've let emails and social media overrun us. Sometimes I think we're no longer the master of them, they've become the masters of us."

These words resonate with me now.

The robots are winning the war, comrade. Surely it's time to fight back? ■



EVERY BREATH YOU TAKE

Paying attention to something as primordial as breathing is akin to a cardio session for the frontal lobes of your brain. Here are Neera Scott's tips on how to suck 'em in - mindfully

01

The 10-minute test

Close your eyes, sit tall and observe your breathing for 10 minutes. "Don't alter the breath in any way," says Scott, "just observe the natural breath. When distractions arise - as they will - just return to the breath."

02

Wake up!

According to Scott, we have the highest amount of cortisol in our systems five minutes after opening our eyes in the morning. So when the alarm sounds, stay in bed and take 10 conscious breaths. "It's amazingly beneficial," she says.

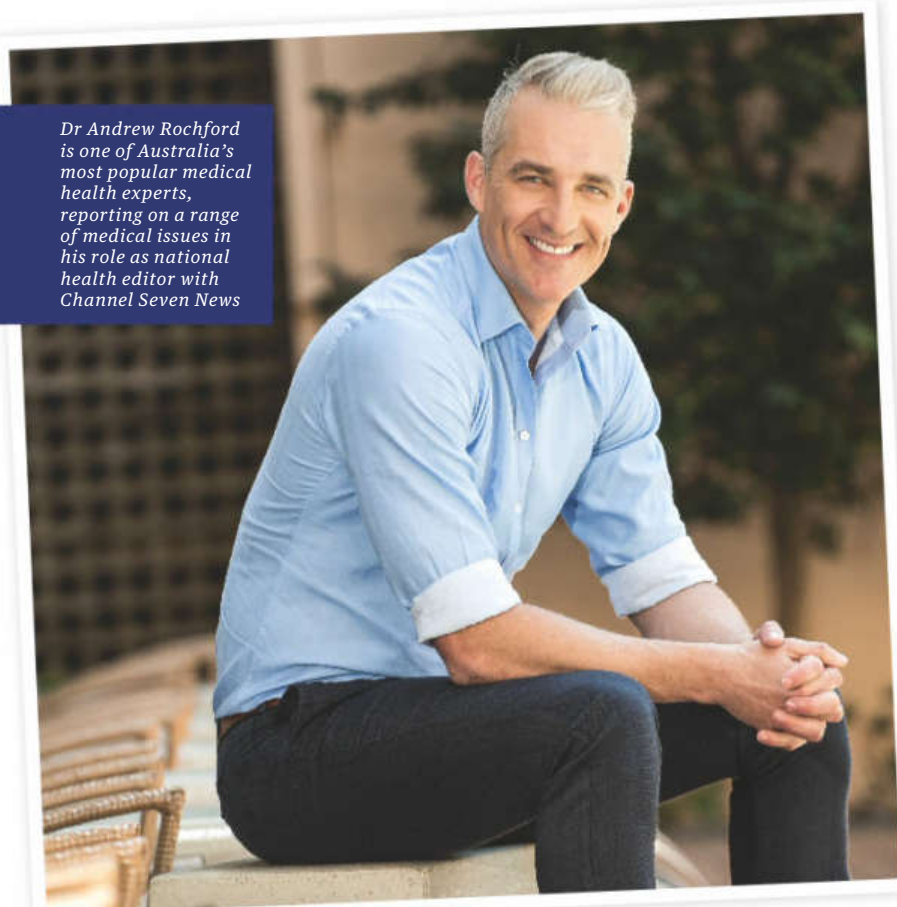
03

Lights out

Bookend your mindful existence by observing another 10 conscious breaths before you turn the lights out at night. "It really does work," says Scott.

WATCH YOUR BACK

Dr Andrew Rochford is one of Australia's most popular medical health experts, reporting on a range of medical issues in his role as national health editor with Channel Seven News



MH SURVEY SAYS

57%

said their back pain has impacted their sex life in some way, affecting their performance, enjoyment and the frequency of sex

WHAT IS AS?

Ankylosing spondylitis (pronounced an-kill-lo-sing spon-dee-lie-tiss) is a type of inflammatory arthritis which causes inflammation in the spine, and can also affect other joints. It affects around 1-2% of Australians, or about 200,000 people, and is 2-3 times more common in blokes than women.^{2,3} 75% of our survey respondents had not heard of ankylosing spondylitis.

MAN UP AND SEE YOUR GP

Reports show men aren't the best at visiting their GP. They have shorter consultations than women, see their GP later in the course of an illness, and leave significant health issues unchecked.

It's vital you visit your GP if your back pain is ongoing or worsening. Your GP will get the ball rolling on determining what could be causing your condition and accessing the right specialists and treatments, such as a rheumatologist who specialises in diseases of the joints.

Men's Health recently conducted a survey on back pain*, and it turns out a lot of men are suffering in silence. But ongoing back pain can be more than just a nuisance, it can be a sign of an underlying condition. Dr Andrew Rochford tells us more.

Back pain affects a whopping 80% of Australians during their lives.¹ It can have a significant impact on our quality of life, aside from the obvious pain it causes, making everyday activities like sitting at your desk, driving a car and even having sex uncomfortable. Even so, in the recent *Men's Health* survey of men affected by back pain, almost half reported that they hadn't sought medical advice about their pain.

While it's easy to put it down to an old sports injury, the cause could in fact be an underlying condition, like ankylosing spondylitis (AS). AS is a type of inflammatory arthritis that can hit right in the prime years (15-40) and causes chronic back pain. If it isn't diagnosed early, it can lead to serious spinal degeneration down the track.^{2,3} Back pain isn't something that should be ignored or put up with.

*Survey of 394 Australian men aged 20-40 years with back pain, conducted by *Men's Health* magazine in June/July 2015

SPOTLIGHT ON

ANKYLOSING SPONDYLITIS

Dr Andrew Rochford spoke to Dr Irwin Lim, an expert on AS, to get the facts on the condition. Together, they're working to raise awareness about AS and encourage men living with back pain to see their GP, reassess treatment and get access to the right specialists.

Dr Irwin Lim is a leading Australian rheumatologist and Director of BJC Health in Sydney



What are the symptoms of AS?

Common symptoms of ankylosing spondylitis include pain and stiffness in the back, buttocks and neck. This is usually worse in the morning or after other rest periods. Joints such as the knee and hip can also be affected and sometimes there is pain in the tendons and ligaments. Other symptoms can include sore and inflamed eyes, bloating or diarrhoea and chronic fatigue.

How is AS diagnosed?

Young people get the disease in their 20s and 30s, but diagnosis can take years because the symptoms can be hard to recognise and are often blamed on something else, like a sporting injury, poor lifting or being overweight. Early diagnosis is critical to help manage the pain and avoid permanent damage to the spine.

Typically, after an initial referral from your GP, specialists, such as a rheumatologist, will look at your results from various tests – such as blood tests – and specific symptoms to help them decide whether you have AS. With the right treatment, most people with ankylosing spondylitis can lead full and active lives.

MH SURVEY SAYS

77%
said their back pain
started before the
age of 30

MH SURVEY SAYS

75%
of men surveyed had
not heard of ankylosing
spondylitis

More than
70%
said their back pain
is disruptive to their
daily life

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COULD YOU HAVE AS?⁴

- Do you suffer from ongoing back pain and stiffness?
- Does the pain improve with exercise?
- Have you lost interest in sex due to back pain?
- Is your back pain disrupting your normal activities?
- Do you find it hard to stand for long periods?

If you answered yes to some of the above questions or want to learn more about ankylosing spondylitis, head to watchyourback.org.au to hear more from Dr Andrew Rochford and complete a thorough self-assessment. We recommend you visit your GP.

ARTHRITIS AUSTRALIA HELPLINE: 1800 011 041

Arthritis
AUSTRALIA

Janssen

This feature has been developed as part of a collaboration between Arthritis Australia and Janssen to raise awareness about ankylosing spondylitis.

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Our guide to what's happening and what's new



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FLYING HIGH

THE BACHELOR SENT TIM ROBARDS' PROFILE SOARING. BUT IT'S HIS
REVOLUTIONARY BODY-WEIGHT PROGRAM THAT'LL TAKE YOU TO NEW HEIGHTS

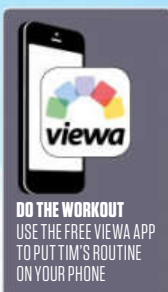
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LIFE BEHIND BARS

TIM ROBARDS MAY HAVE SHOT TO FAME VIA *THE BACHELOR*, BUT IT'S AT THE CHIN BAR THAT HE'S BUILT HIS MOST IMPRESSIVE BODY OF WORK. ARE YOU PREPARED TO LIFT YOUR BODY TO NEW HEIGHTS?

BY AARON SCOTT
PHOTOGRAPHY BY THOMASZ MACHNIK

TO WATCH TIM ROBARDS go to work on a chin-up bar is a truly astonishing spectacle. Slick showings on *The Bachelor* and *Dancing With The Stars* aren't a patch on the performance he's putting on this afternoon. Strict-form muscle-ups, spinning clap chin-ups, reverse-grip front levers - all are being snapped out with apparent ease by an imposing physical specimen who stands 185 centimetres tall and weighs 88 kilograms.



Men'sHealth
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of the **FITTEST**
APPROVED

There are other moves, too – moves so complex I can't even conceive of a name for them. So impressive is the display, a busload of Chinese tourists who've arrived at this Dover Heights park to take pictures of the Sydney skyline turn their backs on the sparkling view and snap photos of Robards instead.

What we're watching is the apogee of The Robards Method, a training protocol that aims to squeeze maximum effect from the humble outdoor gym. And, as the man himself tells me as he perches precariously atop the chin bar, it's a protocol that's based on a simple piece of wisdom: "If you can't control your own body weight, what's the point of trying to lift something heavier at the gym?"

BODY OF WISDOM

Robards began investigating calisthenics two and a half years ago, partly because he was bored with pushing heavy weights in the gym and partly because his gym sessions had left him hobbled with a clutch of niggling injuries. And it wasn't just his own body that was suffering: as a chiropractor he was constantly treating men whose bodies had cracked under the weight of a barbell. "That's when it dawned on me," he says. "You need to be able to control your own body weight before you start throwing weights around. That's what led to The Robards Method."

He ticks the benefits of calisthenics off on his fingers. You don't need a gym membership – a set of chin and dip bars will suffice. You don't need a boot-full of equipment – a TRX trainer is an optional extra. And you don't need hours of free time – 30 minutes will allow you to hammer every muscle. "Calisthenics simply doesn't give you an excuse not to exercise."

And the results? Well, a cursory glance at Robards' physique can stand as Exhibit A. But his protocol is about more

than mere aesthetics – it's about functional performance. "It's all about getting your body up and over an obstacle," he says. "It's about explosive leg movements that require fine balance. It's animalistic; it's leaping from tree to tree."

Of course, the rank-and-file can't simply amble down to their local park and snap out the wild moves Robards is ripping out for us this afternoon. For this reason, his Method is a progressional protocol that awards karate-style "belts" as you move onto ever-more-challenging exercises. Wrap a black belt around your waist and you, too, could attract the lenses of slack-jawed tourists.

UPWARDLY MOBILE

In the headlong pursuit of strength and bulk, Robards believes too many men ignore mobility and flexibility. "We get all our big muscles strong and we move those muscles in single planes," he says. "But until you learn to control multiple planes of motion, you're opening yourself up to injury." And when Robards talks about mobility and flexibility, he's not just talking about stretching. He's referring to the strategic employment of exercises that actively strengthen inhibited or under-used muscles.

Take the Wall Angel, for example. This exercise (featured in the workout overleaf) involves standing with your bum, lower back and shoulders pressed against a wall, then extending your arms overhead while keeping your hands and elbows in contact with the wall. "This is a great thoracic mobility exercise that also engages your core," says Robards. "It's perfect for people who sit at an office desk all day. Do this exercise properly and you're not just stretching – you're activating your rhomboids to push against the flexibility restrictions that come from hunching over a keyboard all day."

For Robards, mobility exercises are not only key to improving performance and preventing injuries, they're also vital for managing existing injuries. Playing footy on the beach years ago, he tore his labrum, a lip of cartilage in the joint between the humerus and the shoulder blade. It was an injury that should, by rights, have ended under the surgeon's scalpel. Instead, he staved off surgery by assiduously strengthening the small, supporting muscles throughout the shredded joint.

To watch him in action on a chin bar now is proof positive his approach is effective. "Usually, the reason an injury persists is a lack of flexibility or mobility – so, work on that and you attack the underlying issue."

GRANITE FOUNDATION

Talk body-weight exercises and you instantly think chin-ups, push-ups, dips. But what of the legs? Surely the big prime movers like the quads and the glutes require more than body-weight squats and lunges?

Robards shakes his head. By his estimation, more than half

of his work as chiropractor involves treating injuries that have arisen from people overloading bars and grunting out sloppy sets of squats or deadlifts. "People come in to my studio, tell me they hurt their back at the gym and I ask, 'Were you doing deadlifts?' Nine times out of 10, the answer's yes." Invariably, the problem is a faulty link in the posterior chain, with the lower back picking up the slack of under-activated glutes or rhomboids.

In his view, a smarter approach is to focus on brutal body-weight moves like single-leg squats, pistol squats, sissy squats and duck walks. "These are the sort of moves you want to conquer first before you jump under a loaded barbell. Yes, they require a lot of flexibility and strength. But the best thing about them is that even if you're still working towards perfect form, you're not going to injure your lower back because you don't have 100 kilos on your shoulders."

It's a statement that reflects the central aim of any calisthenics program – exerting complete control over your own body. Sound like a worthy goal? ➤

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Directions

Start with the three mobility exercises as a warm-up, then complete the five strength exercises as a circuit, keeping rest periods to a minimum. Aim to complete three circuits in total. Why the 11-rep count? "In The Robards Method, I want people to push themselves 110 per cent," says Robards. "So instead of going to 10 reps with each move – 100 per cent – go to 11 reps. Occasionally that'll mean one arm does an extra rep, but just even that up in the next set."

WHY 11 REPS? "I WANT PEOPLE TO PUSH THEMSELVES 110 PER CENT"



Mobility Exercises

01

WALL ANGEL

Stand against a wall (or a supporting block), your bum, shoulders and head touching the wall, your feet 15 centimetres from the wall. Engage your core to flatten your lower back against the wall. Raise your arms and bend your elbows to 90°, keeping your hands and elbows touching the wall. Slowly extend your arms straight up. Do three sets of eight reps.



02

DEEP SQUAT

Assume a deep squat position, your hamstrings resting on your calves. Using your elbows, push your knees out to the side. Engage your core and thrust your chest forward, keeping a neutral curve in your lower back. Hold for 20 seconds and repeat three times.



03

GECKO STRETCH

Assume a deep lunge position, your right knee bent at 90°, your left knee touching the ground. Lean forward, place your left hand on the ground for support and, using your right hand, push your front knee out to the side. Hold for 20 seconds, repeat three times, then change legs.



04

DUCK WALK

Assume a deep squat position. Engaging your core and keeping your torso upright, place your hands behind your head. Walk forward 10 metres taking small, controlled steps. That's one rep – do three.



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Strength Exercises

05

ARCHER PUSH-UP

Assume a push-up position, your hands twice shoulder-width apart and pointed slightly outwards. Keeping the movement controlled, lower yourself over your right hand, so your left arm straightens. Repeat, lowering yourself over your left hand. Do 11 reps.

Too hard? Complete the reps on your knees.

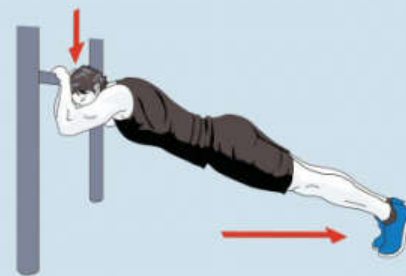


07

SKULLCRUSHER

Assume a push-up position on a waist-high bar, your hands shoulder-width apart. Walk your feet backwards about 20cm. Keeping your elbows tucked in, lower yourself until your head is just above the bar. Do 11 reps.

Too hard? Complete the reps on a shoulder-high bar.

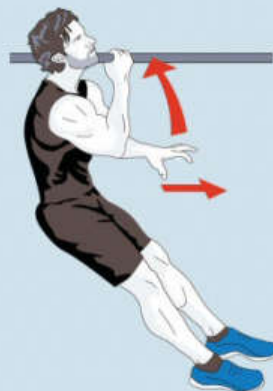


06

CLAP CHIN-UP

Grip a chin-up bar with an overhand grip, your hands slightly wider than shoulder-width apart. Pull yourself up explosively, aiming to get your belly-button to the height of the bar. At the top of the movement, remove your hands from the bar, clap, then grab the bar again. Do 11 reps.

Too hard? Do the exercise on a lower bar keeping one foot on the ground.



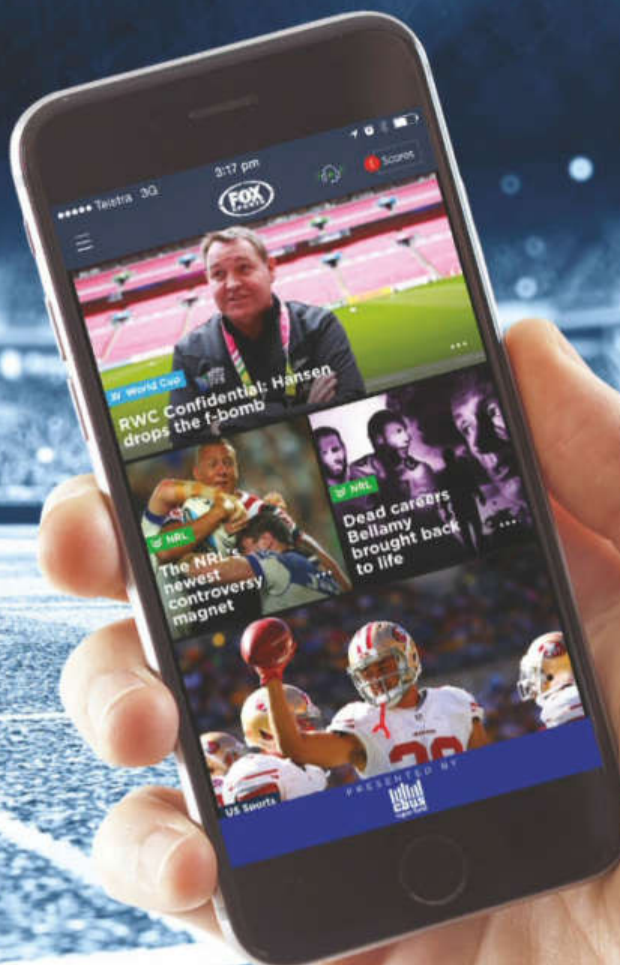
08

"WALKING" NEGATIVE CHIN-UP

Looking along a chin-up bar, grab the bar with a neutral grip, your left hand closer to you. Hoist your chin to the bar, then remove your left hand from the bar and lower yourself using your right hand. Grab the bar with your left hand so your right hand is now closer to you and repeat, lowering yourself with your left hand. Do 11 reps.

Too hard? Lower with both hands but still "walk" one hand forward each rep.

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Saturday December 12, 2015 SYDNEY OLYMPIC PARK



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THE TRUTH ABOUT

beta alanine

FAST EMERGING AS THE SUPPLEMENT OF CHOICE FOR ELITE ATHLETES, BETA-ALANINE GIVES YOU THE STAMINA TO GO LONGER, HARDER AND FASTER

BY RAY KLERCK



WHAT IS IT?

Beta-alanine is an amino acid, which is a tiny building block of protein. Like creatine, your body can produce this amino acid when you eat certain foods, such as tuna or venison. Taking it as a supplement charges your system with extra energy, thanks to its ability to stamp out mid-exercise muscle burn. Think of it as your workout painkiller.



NEAREST COMPETITOR: CREATINE

You guessed it: the gym-rat staple is a worthy substitute. In fact, a study in the *Journal of Strength and Conditioning Research* comparing creatine with beta-alanine found that lifters could squeak out slightly more reps with the latter.



HOW DOES IT WORK?

It's the quality of research on beta-alanine that's likely to earn it a permanent spot in your supplement war chest. The International Society of Sports Nutrition recently reviewed over 100 clinical trials, declaring that in every instance beta-alanine was genuinely effective at improving athletic performance. In particular, it delivers advantages to activities lasting 1-4 minutes in duration, such as sprinting around a 400m track or grinding out a big set in the gym.

It works by preventing acid build-up in your muscles so you can complete your session with greater intensity.



ANY SIDE EFFECTS?

The most notable side effect is likely to be increased zip in your workouts, but it can create slight negative sensations such as pins and needles in your hands, according to research in the journal *Amino Acids*. Fortunately, this is short lived and often subsides after you start sweating, so there's no need to fret about butter fingers at the dumbbell rack.



WHEN DO I TAKE IT?

Though it's a heavy-hitting pre-workout supplement, beta-alanine's not an easy-come-easy-go supplement like caffeine. Instead, it slowly percolates through your muscles, drip-feeding your body with increased energy supplies. For this reason, the timing of the dose is less important than consistency of the dose – you have to remember to keep taking it. Tattoo a note on your hand if you have to.



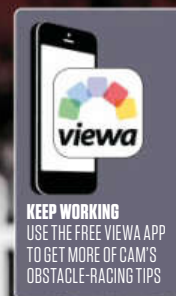
HOW MUCH DO I TAKE?

Best results can be achieved by taking 4-6 grams at any time of the day. After 2-4 weeks, you should notice a marked difference in your PBs both in the gym and on the track.

KNOCK YOUR BODY INTO SURVIVAL MODE

WITH 50 OBSTACLES SCATTERED ALONG THE 10-KILOMETRE COURSE, *MEN'S HEALTH SURVIVAL OF THE FITTEST* IS A BRUTAL TEST OF ENDURANCE, STRENGTH AND POWER. WANT TO EVOLVE INTO A MORE CAPABLE PHYSICAL SPECIMEN? HERE'S YOUR PLAN, FROM *MH* FITNESS ADVISER CAMERON BYRNES

PHOTOGRAPHY BY ESA RUOHONEN



Workout 1: The Lactic Burner

Obstacle races are all about transitioning from aerobic to anaerobic movements; shuttling blood back and forth from the prime movers in the legs to the bands of muscle through the back, shoulders and arms. All you need to simulate this furious physical assault is a chin-up bar, parallel dip bars and a flat stretch of ground. Set a marker 15 metres from the bars, then complete the eight exercises in a continuous circuit, with each exercise separated by a trip to the marker. Rest as required but remember: there'll be no break come race day on December 12. Your goal? Complete as many rounds as possible in 30 minutes.





01 CHIN-UPS

Grab the chin-up bar with an overhand grip, your hands slightly wider than shoulder width. Hoist your chest to the bar, pause, then lower yourself back to the start position. Do 10 reps, then sprint to the marker and walk back.



02 PUSH-UPS

Drop into a push-up position, your hands shoulder-width apart. Lower your chest to the ground, pause, then drive back up. Do 20 reps, then sprint to the marker and walk back.

03 LYING FLAT TO CHIN-UPS

Lying on your chest under the chin-up bar, push yourself up to a standing position, then grab the bar with an overhand grip and pull your chest to the bar. Do 10 reps, then commando crawl to the marker and walk back.



04 MOUNTAIN CLIMBERS

Assume a push-up position. Drive your right knee to your right shoulder, then repeat on your left side. Keeping the movement fast, do 10 reps on each leg, then sprint to the marker and walk back.

05 DIPS

Jump on to the dip bars, your arms slightly bent. Shift your torso forward and lower yourself until your elbows are bent at 90°. Pause, then drive back up. Do 10 reps, then lunge to the marker and walk back.



06 PLANK

Drop into a push-up position, resting on your elbows. Suck your stomach in to turn your core on. Hold for one minute, then broad jump to the marker and walk back.



07 CHIN-UPS

You know the drill here. If you're hurting, use an underhand grip. If you're feeling good, drape two towels over the bar and cling to them. Do 10 reps, then sprint to the marker and walk back.



08 BURPEES

This should redline your heart rate. From a standing position, drop to the ground, kick your legs back into a push-up position, then return to the standing position. Still got some petrol in the tank? Incorporate a push-up and vertical leap into each burpee. ➤

Workout 2: The Furious Four

This workout starts to throw some race-specific movements into the mix while forging strength and stamina through the legs. You can easily knock this session out at your local park, with a bench, a chin bar and a flat stretch of ground the only requirements. Once again, your goal is simple: do the exercises in a continuous circuit, snapping out as many rounds as possible in 30 minutes. Your time starts now.



The world's biggest urban obstacle race is coming to Sydney on December 12. mhsurvival.com.au



1 / BOX JUMPS

Stand in front of a knee-high bench or box. Drop into a squat, then jump onto the bench. Jump down and repeat, keeping the movement as fast as possible. Do 10 reps.



2 / OVERHEAD SQUATS

Hoist a sandbag overhead. No sandbag? A loaded backpack will work just as well. Push your hips back to lower into a deep squat then drive back up, keeping the overhead weight just in front of your forehead. Do 10 reps.



3 / WIDE-STEPPING HIGH KNEES

Run forward, driving your knees high and your feet wide with each stride; imagine you're running along two lines of tyres and your feet have to land in the middle of each tyre. Keeping your stride light and fast, run 25m, then walk back.



4 / SINGLE-ARM HANG

Grab a chin-up bar with your left hand, palm facing out. From a dead hang, shrug your left shoulder. Grab the bar with your right hand while simultaneously letting go with your left hand, and repeat. Do five reps on each arm.

Workout 3: The Power Kick

In this session, the focus shifts to building stability through your core and power through your legs – crucial when it comes to surviving those final obstacles on race day. You'll need a pair of kettlebells, a 30m length of rope and a willingness to sweat. You're gunning for as many rounds of this circuit as possible in 30 minutes. Don't waste a second – your survival counts on it.



For more muscle & fitness tips, download the **Men's Health Personal Fitness Trainer** app from the App Store

01 BROAD JUMPS

From a standing start, drop into a deep squat. Jump forward, then drop straight into another squat and repeat for 25m. Focus on the speed of the movement rather than the height or distance of each jump.



02 BENCH JUMPS

Stand next to a fence or bench that is roughly mid-thigh high. Place your hands on top of the fence, then vault over it. Do 25 reps, keeping the movements as fast and explosive as possible.



03 FARMER'S WALK

Stand, holding a heavy kettlebell or dumbbell in each hand (approximately 20kg). Keeping your posture erect and your core switched on, walk 25m favouring form over speed.



04 KETTLEBELL PULL

Tie the handles of two kettlebells to a 30m length of rope, then extend the rope out to its full length. Grab the end of the rope, drop into a squat, and haul the kettlebells towards you with a hand-over-hand motion. Keep your feet firmly planted and your core switched on throughout.

RUN FOR YOUR LIFE

While obstacle races call on the full spectrum of physical abilities, running should still form the basis of your training plan. Shuffle these three runs into your weekly schedule to ensure you have the kays in your legs come race day



1. Intervals Session

Mark out a flat 50m track. Do five warm-up reps, building from 50-80 per cent intensity. Now do 15 reps at 100 per cent intensity with a slow walk-back recovery, ensuring your breathing and heart rate are under control before starting the next rep.

Don't sacrifice intensity for shorter breaks. Finish with a five-minute warm-down jog.



2. Varied-Terrain Run

Map out a run that should take 30-35 minutes to complete. Aim to include as much varied terrain as possible – think stairs, hills, soft sand and dirt trails. Start the run at a comfortable talking pace, but build your speed each kilometre, pushing hard up hills and stairs. The final kays of this run should be ugly.



3. Long Run

Map out a course that will take at least an hour to complete – use mapmyrun.com to ensure it's at least 10km long. Complete the course running at a comfortable talking pace. If your breathing becomes laboured, slow down or walk. The aim of this run is to spend time on your feet, not break records. ■

RACE-DAY ESSENTIALS

WITH 10 KILOMETRES OF MUD, METAL AND MAYHEM STANDING BETWEEN YOU AND THE FINISH LINE, *MH* SURVIVAL OF THE FITTEST WILL DEMAND MORE THAN A FIRM RESOLVE. PREPARE FOR EVERY EVENTUALITY WITH THESE ESSENTIALS

► Survival of the Fittest will be a sweaty business. Don't blast that lycra-clad looker with your poisonous fumes. Be liberal with some Rexona MotionSense Adventure (\$7.90). The harder you work, the harder it works. And trust us, you will work hard.



► Don't let a rugged training regimen leave your muscles aching come race day. Tiger Balm Analgesic Red (\$8.95) will provide temporary relief from that nasty case of DOMS. Now, get out the foam roller, grit your teeth and work some blood into those muscles...



▲ Canesten Plus Cream* (\$8.95) soothes the symptoms and attacks the cause of athlete's foot.



▲ Superlight, quick draining, and with an ultra-grippy sole studded with aggressive lugs, the Reebok All Terrain Super 2 (\$170) is perfectly suited to the sweaty, muddy rigours of obstacle racing.

▼ Obstacle racing is a physically brutal pursuit. Refuel in proper fashion with Aussie Bodies ProteinFX Lo-Carb bars (\$3.20). Packing over 18 grams of protein with no artificial sweeteners, these bars will ensure your muscles get the fuel they need.



► Hay bales, cargo nets and scaffolding can make a mess of bare shins. 2XU Compression Tights (\$145) will not only contain your big prime movers, reducing fatigue and damage, they'll also provide a layer of protection against a barked shin.



► Why throw out that mud-drenched, blood-spattered shirt when you get home? Dynamo's stain-lift technology (\$11) will ensure your tattered threads live to fight another obstacle race.



*ALWAYS READ THE LABEL. USE ONLY AS DIRECTED. IF YOU ARE PREGNANT, YOUR NEARLY PROFESSIONAL. YOUR PHARMACIST'S ADVICE IS REQUIRED. ASMI 25112-0715

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BREAK NEW GROUND

CHICKEN BREASTS AND STEAMED GREENS MAY BE THE HIGH-PERFORMANCE MUSCLE FOOD OF LORE. BUT THERE IS A TASTIER WAY. HERE'S YOUR UPGRADE

If you're like me, you love heading to the gym and working in your comfort zone. You choose muscle groups you enjoy training and perform moves that feel cosily familiar. Sometimes, though, you need to push your boundaries. You need to pick a goal or sign up for an event – like Survival of the Fittest – and hit your training with fresh impetus.

Mired in a tired gym routine of bench press and squats? You need a program that pushes your body in new ways. Incorporate explosive moves into your workouts; swap barbell squats for squat jumps, bench press for plyo push-ups, lat pulldowns for chin-ups. Once a week, swap a gym session for an outdoor hit-out where handstands, crab walks, burpees and bear crawls are interspersed with sprints.

But it doesn't stop in the gym. If you're taking your body to new places, you need to ensure you're fuelling it in a way that provides the nutritional foundations for repair and rebuilding. The best news: it doesn't have to be complicated. Combining a quality slab of protein with a smart form of carbohydrate and a nourishing source of fat will provide the slow energy release that primes your body for action.

Take my spicy pork tacos with guacamole. In the pursuit of protein, men often get hung up on chicken breasts, forgetting the humble pork fillet. Big mistake: pork fillets are leaner than chicken breasts, meaning you're getting both a tasty and clean source of protein. The carbs in this dish come from pure corn tortillas. They're gluten free and easily digestible, allowing for a steady drip of energy. Then there's the avocado. This superfood is brimful of fibre, vitamin C and vitamin K, and packed with omega 3 fatty acids. These gems are ideal for brain health, keeping your mind nimble as it picks up new movement patterns and your eyes firmly focused on your new goals.



YOUR SUPER CHEF

**Trainer Luke,
The Clean Living Cook**

A PT and lover of healthy food, Luke Hines is the author of the *Clean Living* series of cookbooks

SPICY PORK TACOS

- 1 RED CHILLI, CHOPPED
- ½ SPANISH ONION, CHOPPED
- 1 SMALL BUNCH CORIANDER LEAVES
- 2 TBSP APPLE-CIDER VINEGAR
- 1 TBSP COCONUT OIL, PLUS EXTRA FOR BASTING
- 2 TBSP MEXICAN CHILLI POWDER
- SALT AND BLACK PEPPER
- 2 350G PORK FILLETS, TRIMMED
- 12 CORN TORTILLAS

1. Start with the salsa. In a food processor, combine the chilli, onion, tomato, coriander and apple-cider vinegar. Blitz until slightly chunky – not a purée.

2. Combine the oil, chilli powder, and salt and pepper in a bowl. Coat the pork fillets with the mixture, then sear them on a hot barbecue or griddle pan. Give the fillets 6-8 minutes on each side, depending on their thickness, turning the meat regularly. Remove from the heat and rest for five minutes.

3. Heat the tortillas in a dry frying pan, or wrap them in foil and put them in the oven at 180°C for 10 minutes. I like to put them on the barbecue or griddle pan to make them crunchy.

4. Serve your tortillas with thinly sliced pork, salsa and guacamole.

Serves 4

GUACAMOLE

- 1 SHALLOT, THINLY SLICED
- JUICE OF 1 LIME
- SEA SALT
- 3 AVOCADOS
- ½ BUNCH CORIANDER CHOPPED
- ½ TSP CUMIN
- 1 RED CHILLI, OPTIONAL
- GROUND BLACK PEPPER

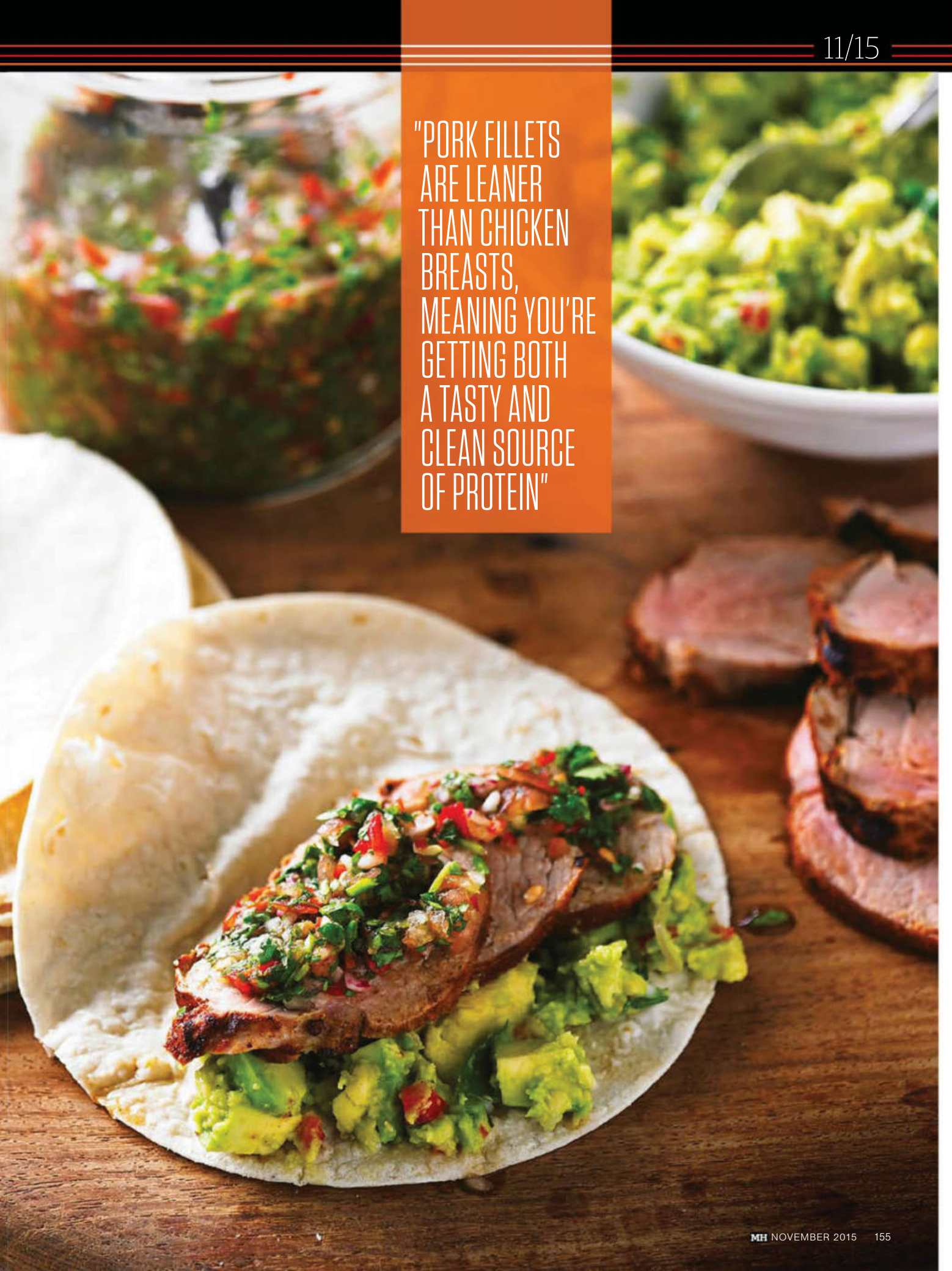
1. Combine the shallot, lime juice, coriander and a couple of generous pinches of salt in a bowl and leave for 10 minutes.

2. Remove the flesh from the avocados, roughly chop it and put it in a bowl. Lightly fork the flesh, leaving some larger chunks for texture. Add the shallot, lime and coriander mix and lightly combine. Add the cumin and mix it through. Like it hot? Mince the red chilli and mix it through. Season with pepper to taste.

Makes 2 cups



SURVIVAL OF THE FITTEST IS COMING TO SYDNEY ON DECEMBER 12. SIGN UP AT MHSURVIVAL.COM.AU

The background of the page is a collage of three food-related images. On the left, a bowl of green salsa with red and white toppings is visible. On the right, a white bowl filled with chunky green guacamole is shown. In the foreground, a pork fillet taco is assembled on a white flour tortilla, featuring a slice of cooked pork, a generous portion of guacamole, and a topping of fresh salsa. To the right of the taco, several slices of cooked pork are stacked on a wooden surface.

"PORK FILLETS
ARE LEANER
THAN CHICKEN
BREASTS,
MEANING YOU'RE
GETTING BOTH
A TASTY AND
CLEAN SOURCE
OF PROTEIN"

Combine Your Strengths

How fit do you need to be to make it in the AFL? The annual Draft Combine assesses the physical capabilities of the nation's top footballing prospects. Use this cheat sheet to ace the tests and kick your own goals



1

"Welcome to Top Gun, gentleman." No, this is not how the nation's top young footballers are greeted at the annual AFL Draft Combine in Melbourne. But it may as well be.

In an intense four-day training camp, the Combine sees 82 of the best young players from around the country put through a comprehensive battery of tests at Etihad Stadium, ahead of the national draft in late November.

Among this cattle call of raw athletic talent lie future stars of the game (and the odd maverick). Some are blessed with blistering speed, others a titanic engine or ceiling-hitting hops. The Combine reveals all. "The players are physically, psychologically and medically assessed so the clubs know exactly what they're getting," says Kevin Sheehan, the AFL's national talent manager, who oversaw this year's Combine held in October.

Keen to see how you measure up against some of the country's best young athletes? Use this training program to crush the Combine's physical tests – then get yourself an agent to talk up your prospects.



2

BEEP TEST

Players run 20-metre shuttles timed to beeps of decreasing intervals. The average Combine score is 13.3. Get over 15 and your engine could power a locomotive. "Ours is a game where you will run 12-15 kilometres," says Sheehan. "You've got to have a big tank to keep going for 120 minutes."

TRAINING TACTIC

HIIT – 20 x 20m sprints starting every 20 seconds, rest five minutes; 20 x 30m every 30 seconds, rest five minutes; 20 x 20m every 20 seconds

"To do well in this test you need to improve your oxygen intake and get your legs working well under fatigue," advises Dr James Veale, the AFL Academy's high-performance manager. "A high-intensity interval program will boost your endurance so you can accelerate and decelerate under fatigue."

COMBINE RECORD:
16.6 - Billy Hartung
HAWTHORN, 2013



3

VERTICAL JUMP

Standing reach is recorded before players jump from both feet with no run-up. "Our game is all about whether you can spoil or mark a ball against someone your own height," says Sheehan. "Some players can get an extra 5-10 centimetres of reach through their leap."

TRAINING TACTIC

Medicine-ball throws/box jumps – 4 x 6 reps of each

As well as power exercises such as box jumps and squats, you also need to focus on technique, advises Veale. "Med-ball throws help to maximise your arm swing in order to get your momentum going upward."

3KM TIME TRIAL

Players run seven and a half laps of a 400m track. "It doesn't just assess your endurance but how you compete with others," says Sheehan.

TRAINING TACTIC

1km time-trial sets

The key to this test is to boost your high-speed cadence and hold it as long as possible, says Veale. He recommends running up to five 1km time trials at 85 per cent of your maximum intensity, with breaks of 30 seconds. Throw in a 5km run once a week to boost your endurance, he adds.

COMBINE RECORD:
9:18 - Jack Hiscox
SYDNEY, 2014



COMBINE RECORD:
85cm - Dean Towers
SYDNEY, 2012





4

RUNNING VERTICAL JUMP

Mimicking a ruck contest, players have a five-metre run-up to jump as high as possible off one foot, before repeating off the other foot.

TRAINING TACTIC

Hopping and bounding – 3 x 15m

Hopping off either leg builds dual strength. "We find the difference between the dominant and non-dominant leg is around 10cm," says Veale. "More than 10cm may indicate a strength imbalance and increased injury risk."

COMBINE RECORD:
102cm - Nic Naitanui

WEST COAST, 2008
and Jared Brennan
GOLD COAST, 2002



5+6

20M SPRINT

Players sprint the distance with five, 10 and 20m splits recorded. "Clubs will dig back into the five and 10m splits because that might be the X-factor that reveals your ability to get in and out of contests," says Sheehan.

TRAINING TACTIC

Sled pulls – 3 x (5 x 15m) with 1 minute's rest between reps

"Technique is more important than raw power," says Veale. Keep your body low to start and aim to be upright by the 5m mark, he advises. Do sled pulls to boost your power output, allowing ample rest time. "You need full recovery of your ATP-PC (adenosine triphosphate-phosphocreatine system)," Veale says.

COMBINE RECORD:
2.75secs - Joel Wilkinson
GOLD COAST, 2010



ANAEROBIC SPRINT RECOVERY TEST

Players sprint 30m, six times on a 20-second cycle. For example, if you run 30m in 4.2 seconds, you have 15.8 seconds to recover before the next sprint. Your score is the aggregate of the six times.

TRAINING TACTIC

Interval sprints – 12 x 30m; hill sprints – 6 x 15m

Run the test distance but overload volume, Veale advises. "That gives you a sense of training under fatigue to enhance your anaerobic capacity." Hill sprints will help boost your stride rate, Veale adds.

COMBINE RECORD:
23.40secs - Joel Wilkinson
GOLD COAST, 2010



7

AGILITY TEST

This AFL-specific test involves negotiating obstacles over 40m. "It measures your ability to change direction and accelerate quickly, which is vital to get out of tightly congested situations in games," says Sheehan.

TRAINING TACTIC

Medicine-ball lunge throws – 4 rotations

Use these to develop the explosiveness to push off quickly in different directions, advises Veale. Lunge forward as you throw the ball at a mate standing at different compass points. Start in a clockwise direction leading with your right foot, then shift to a counter-clockwise direction leading with your left foot.

COMBINE RECORD:
7.77secs - Stephen Hill
FREMANTLE, 2008



OUR LITTLE COWBOY

PANIC FOR PREGNANT MUM WHEN JUST BEFORE KICK-OFF, HER LITTLE CHAMPION DECIDES HE WANTS TO SEE THE GAME, TOO!

Having lived in virtual lockdown for the past few months thanks to the high-risk nature of her pregnancy, at 33 weeks Rebecca Armstrong Cavanagh was finally given permission by doctors to have a quiet night out. She and partner Andrew Dahler decided to go to Townsville's 1300 Smiles Stadium to watch the Cowboys play the Raiders. But just before kick-off, Rebecca's waters broke. As they waited for an ambulance, Andrew says, he saw the kick-off and the first five tackles. The Cowboys won that night, but the footy result was the last thing on Andrew's mind as his partner and unborn son were sent straight to the ER.

"That night Clayton was born," Andrew says. "He only needed breathing assistance for about five minutes, and he has done really well since then."

Fourteen weeks earlier Rebecca and Andrew had begun to realise something was wrong. At the 19-week scan the doctor in Andrew and Rebecca's hometown of Rockhampton noticed a shortening in Rebecca's cervix. By 24 weeks the issue had become serious enough that experts ordered her an immediate flight to Townsville Hospital, where medical experts were better able to cope with high-risk pregnancies. Suddenly the couple had nowhere to stay and nobody to support them.

"Bec had to stay in her hospital bed for the next five weeks. She was



not allowed to walk around," Andrew says. "In the meantime, I had been shown around Ronald McDonald House across the road from the hospital and given a room. I was made to feel right at home and that took so much stress away."

When Rebecca was released from hospital but still ordered to take bed-rest, it was the room at Ronald McDonald House that made this possible. "This place truly has been unbelievable," she says. "The staff and volunteers and other people staying in the House really are there for you."

Four weeks after being released from hospital into the care of Ronald McDonald House, little Clayton was born and has now become quite the celebrity in North Queensland.

At six days of age, Clayton was visited by Cowboys legend Brent Tate, who officially declared Clayton to be the club's youngest member.



Andrew and Rebecca with baby Clayton.
Inset: NRL legend Brent Tate presents Clayton with a junior membership for the North Queensland Cowboys

ABOUT RONALD MCDONALD HOUSE CHARITIES

THOUSANDS OF FAMILIES with seriously ill children receive assistance from Ronald McDonald House Charities (RMHC) every year. Ronald McDonald Houses provide accommodation close to, or within, the hospital. Ronald McDonald Family Rooms, within hospitals, offer relaxation away from the ward. Ronald McDonald Learning Program helps children recovering from illness to catch up on lost learning. And there are several other programs. Importantly, McDonald's Australia covers key RMHC administrative costs, meaning every dollar you donate – including on McHappy Day – goes straight to helping seriously ill children and their families. **Donate to RMHC by participating in McHappy Day on October 17, or visit www.rmhc.org.**



Play Time

Honda's HR-V is proof that good things can come in small packages

IT ONLY TAKES A TRIP to your local supermarket car park to confirm this country's ongoing obsession with SUVs great and small. In fact, that latter category - the small SUV - is now the fastest-growing segment in the new-car market.

It's not hard to see their appeal. If you're the typical reader of this magazine, you're in your thirties and after an affordable, economical car,

which is also spacious enough to cart your lifestyle toys around on the weekend. Wrap it all up in a stylish exterior and you're sorted.

One of the new arrivals that ticks all these boxes is Honda's HR-V. To look at that swoopy, coupé-like profile, you'd think interior space was compromised, but the Honda has some TARDIS-like tricks up its sleeve. Its aptly named Magic Seat System lets you fold the back pews forward to provide a flat storage area of just over 1000 litres, big enough to store two mountain bikes upright with front wheels off. Or, if you've got *really* tall stuff to lug, each of the rear seat bases folds up against its seat back to leave a cavernous storage area just behind the front seats.

The HR-V is a surprisingly capable performer on-road, too. Its four-cylinder 1.8L petrol engine is

married to a CVT gearbox (see "Tech Talk", p162) to return a respectable 6.9L/100km economy figure in the VTi-L variant (\$32,990 plus on-road costs) that *MH* tested. As the HR-V sits on a modified Honda Jazz chassis, its handling is tight and remarkably car-like, to the point that the front seats could do with a touch more thigh support to hold you in place in corners.

Standard equipment is good, with a seven-inch touchscreen showing all main information as well as displaying the HR-V's multi-angle reversing camera. The model tested also featured front and rear parking sensors and Honda's City-Brake Active System, which helps prevent low-speed peak-hour rear-enders.

Starting at \$24,990 - auto included - the Honda HR-V is a stylish option that, unlike some of its competitors, definitely delivers on the "U" in small SUV. ➤

- Bruce Ritchie



Motoring

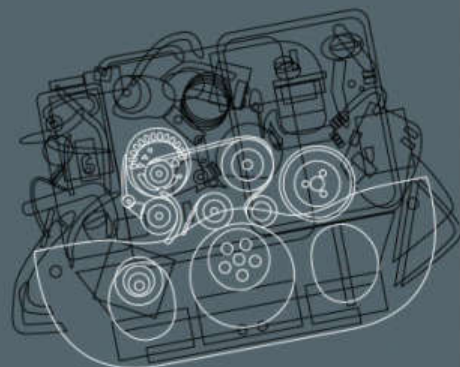
TECH TALK: CVT

MOTERING LINGO TRANSLATED

Unlike a conventional gearbox, a Continuously Variable Transmission doesn't have a set number of gears. The simplest analogy is to liken it to a bicycle's gears, using pulleys and a chain belt. These

pulleys move to change the diameter at which this belt operates. This is determined by speed, engine revs and accelerator position. Because of this, a car with CVT doesn't have the intuitive,

sequential-shifting soundtrack of a standard 'box and purists tend to hate 'em. For fuel efficiency, though, they're hard to beat and are often married to a hybrid engine.

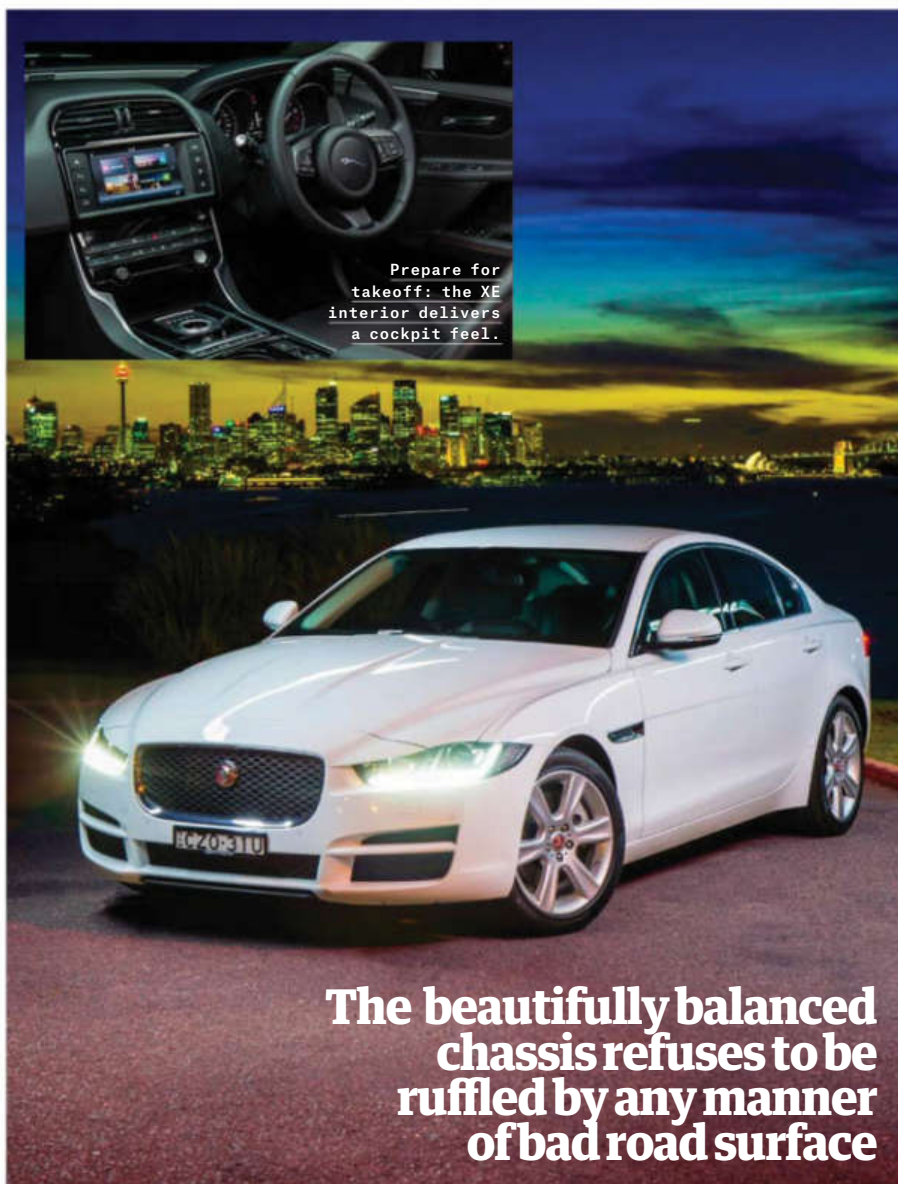


Launch Report: Jaguar XE

Jaguar has entered the compact-exec-sedan fray long dominated by C-Class, 3 Series and A4, the English brand's new XE bringing a blend of cutting-edge technology and old-world heritage... plus that crucial badge cachet.

The new car sits on a lightweight chassis that's 75 per cent aluminium, and gets the first of the company's new engine technology, called Ingenium, with its 2.0L diesel. Petrol power comes via an entry 2.0L petrol, a more powerful 2.0L in the mid-range 25t, and the F-Type's operatic 3.0L V6. Pricewise, things kick off at \$60,400 (plus on-roads) for the 2.0L petrol and top out at \$104,200 for the V6. The base specification level is so comprehensive that it'd be far quicker to list what isn't included, the higher levels adding sports suspension and largely aesthetic touches.

The XE's dynamics back up its sleek, fast appearance. The rear-drive chassis is beautifully balanced and, like a good Englishman, steadfastly refuses to be ruffled by any manner of bad road surface. Those feline lines make the back a touch snug, but the front has a nicely enveloping cockpit feel. *MH's pick:* the XE Prestige 25t, in British Racing Green, of course.



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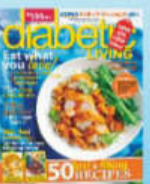
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Discover Colorado

For almost 100 years, Pikes Peak has been attracting the maddest and baddest auto racers as they throttle their way to the mountain's 4302-metre peak. Channel 7's *Sunday Night* reporter Denham Hitchcock grabbed a ride

The sound of metal, plastic and leather disintegrating on bitumen at high speed is one you never forget. Especially when it's your prized Ducati 748 causing it.

Oh, how I miss her.

She was my perfect bike; exactly my type. Curvaceous and dangerous.

Race chipped and tuned for extra ponies, her voice singing the sweet sound of angry love through split Italian Termignoni pipes, and all the carbon-fibre accessories a girl could ever want. Every night I tucked her into a garage. She was polished, caressed and fussed over like a new girlfriend.

That was, until I chucked her down the road at 110km an hour through a right-hand bend at Eastern Creek. I watched in slow motion as she was torn apart, piece by piece, and I sat with her beautiful broken body in the back of a trailer all the way home. I cried. A lot.

That was eight years ago.

I got a new bike, of course, but it was never the same. And thanks to that crash, when it came to high-speed corners, like Derek Zoolander, I could only turn one way. Any right-hand hairpin was awkward, nervous and semi-upright.

I didn't mention this to the Zero Motorbike Racing team when they offered me a test ride in the lead up to the iconic Pikes Peak International Hill Climb race in Colorado on one of their groundbreaking electric bikes. I said yes before I even looked at the track. I later regretted it. The track is as dangerous and terrifying as it gets.

For the uninitiated, Pikes Peak is one of the oldest and most storied auto races in the world. Fittingly, it's also one of the most dangerous. The numbers tell the

story: 20 kilometres, straight up the side of a 4302m mountain; 156 turns, many with blind and double apexes. The race was first run back in 1916, when the road was little more than a dirt goat track. These days the entire thing is paved, but it's still a harrowing climb. There are few guardrails – just bitumen and empty blue sky.

At the start line competitors are sweating in their leathers. It's 35°.

The finish line, meanwhile, is covered in snow. There's 60 per cent less oxygen. It's hard to breathe. They call Pikes Peak the race to the clouds. It's qualifying week and the crisp

mountain serenity is shattered every morning with the glorious sound of V8s and turbo-charged machinery of every kind.

Not my ride, however. The Zero bike is a stealthy assassin and for the first few minutes riding around town, my brain has trouble processing what on earth is between my legs. The bike is battery powered, so there is absolutely no noise. There's only one gear, so there's no gear lever and no clutch. But the acceleration is something else. No lag, no gearbox noise, no waiting for optimum rpm. Twist the throttle and I get maximum power every single time. It's like riding a magic carpet.

Indeed, electric cars and bikes are becoming the weapons of choice on the slopes of Pikes Peak. While internal combustion engines lose their grunt as they near the oxygen-depleted summit, electric machines suffer no such jitters. In 2014, electric cars filled the lower steps of the podium. This year, Kiwi Rhys Millen will create history by piloting his electric car to the peak in a tick over nine minutes, claiming the overall victory.

All this, however, does little to quell my nerves. My magic carpet may be a work of engineering genius – but it could still carry me off a cliff. Without engine noise, the freefall would be peaceful. The sound of bones breaking . . . uninterrupted.

As I pull up to the start, my stomach is in knots. Curious onlookers and other competitors stare as I silently roll by. In front of me is fellow Aussie Nathan Barker from the Zero race team. This is his third time up Pikes Peak on an electric bike and he is here to lead me to the summit. Thanks to a communication system I can hear his voice in my helmet.

"How fast do you want to go?" he asks. I reply with a confidence I don't quite feel: "I didn't come all this way for a re-run of *Driving Miss Daisy*, mate, so give it 100 per cent and let's see if I can keep up." He shakes his head and zips his jacket up to the neck. Here we go.

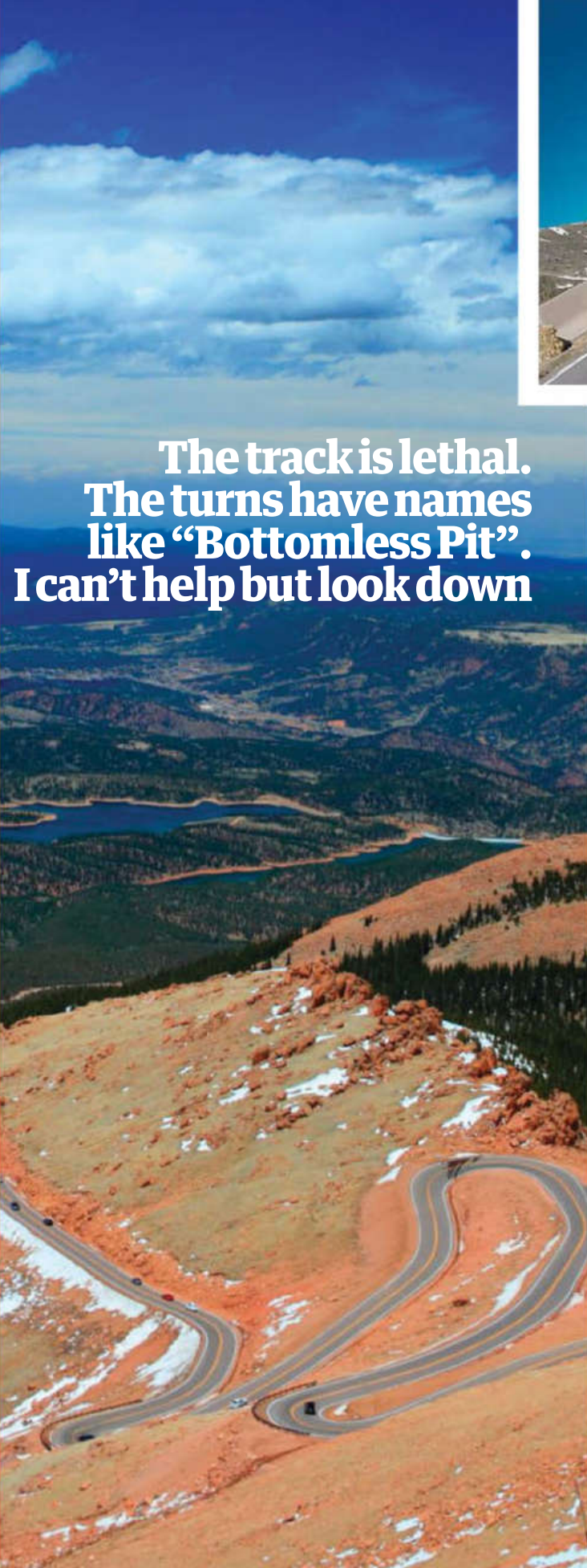
His bike shoots forward like a bullet from a gun.

I crank the throttle and try to tuck in behind him. The first few turns are fast and sweeping. Trees flash past but I concentrate on his racing lines and instructions. "Fast straight now, cut the corners, full throttle, full throttle!" His voice is charged with adrenaline, slightly out of breath – and about to make me



Inset left: the death of Denham's Ducati. Below: the author gets some last-minute advice from Australian racer Nathan Barker.





"Just bitumen and empty blue sky": Denham leans into one of Pikes Peak's 156 turns.

The track is lethal. The turns have names like "Bottomless Pit". I can't help but look down

extremely nervous. "Hairpin right coming up, late on the brakes and hard, hard!"

I come in fast, late and wide. I sit up, squeeze the front brakes as hard as I dare and stomp on the rear. The back tyre breaks traction and skids sideways as it fights for grip. In front, I watch Nathan tip into the right-hander with full commitment, knee down. Anything less and I won't make the apex. I'll end up wrapped around a tree.

I pick my line, shift my weight off the right-hand side of the machine and tip right. I grit my teeth as the bitumen rises towards me. The tyres hold. The bike carves through the turn and rolls upright as I throttle out of the exit. I've broken my right-hand hoodoo . . .

Through the woods and up the mountain the track becomes even more lethal. The turns have names like "Bottomless Pit" and "Blue Sky" and I can't help but look down. As if reading my mind, Nathan screams into my ear: "Don't look at anything but the road!"

Near the summit the altitude kicks in and breathing becomes a struggle. Trees give way to ice and rock. We keep climbing. Wrestling a bike through so many turns is hard work - throw in 4000m of altitude and the challenge becomes both physical and mental.

Finally we reach the summit. The view is spectacular and I'm grinning like a demented child. Nathan assures me it was a respectable race time, but I know he took it easy on me.

Two days later, Nathan goes on to take second place in his division. I watch as bikes, side cars, sprint cars and even a turbo-charged semi charge up that twisted mountain road.

There are plenty of sickening crashes - a motorbike rider even loses his life after spearing off a cliff. It happens just one turn from where I'm standing.

The death casts a shadow over the event - but the competitors know the danger. Hell, they've come here specifically for it. No-one talks about it.

I've had motorbikes my entire life. From a PeeWee 50 at the age of six, to racing motocross in my teens, to Harleys and Ducatis. I'm not sure if I'm ready to give up my noisy, rumbling, petrol-powered Buell - but at Pikes Peak I took a silent glimpse at the future.

And the future's fast.



WHERE



WATCH

The 2016 edition of the Pikes Peak International Hill Climb has been set for June 26. Spectator tickets and a limited number of camping berths can be purchased online at ppihc.com.



TREK

Want to reach the 4302m summit of Pikes Peak under your own steam? The 21km Barr Trail starts in the town of Manitou Springs before wending up to the summit. Every year in August, this trail plays host to the Pikes Peak Marathon. The 2014 winner, Marc Lauenstein, got up and down in 3:37.20. Ouch.

Globe Trotter

No endorphin rush compares to crossing the finish line of a marathon. Particularly if it happens to be in New York. Or Berlin. Or Peru. Here are the marathons you need on your bucket list

1 NEW YORK MARATHON USA

The world's largest marathon, with over 50,000 runners, epitomises the brash spirit of the Big Apple, from Sinatra's *New York, New York* blaring over the start-line speakers to the frenetic Central Park finish.

November 6, 2016

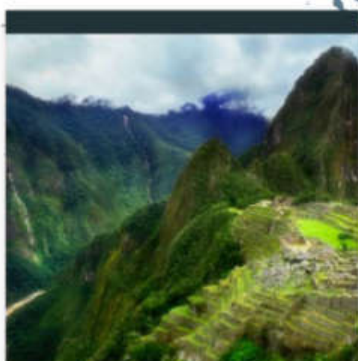
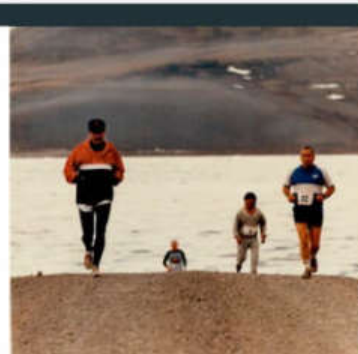


2 MIDNIGHT SUN MARATHON

Tromsø, Norway

Pack your sunnies for this midnight race. With 24 hours of summer sunshine lighting the way, this marathon will take you through stunning arctic scenery.

June 18, 2016



4 INCA TRAIL MARATHON TO MACHU PICCHU

Peru

With a vertical altitude gain of over 3000m, the self-declared "most difficult marathon in the world" is no place for PBs. Great views, though.

June 4, 2016



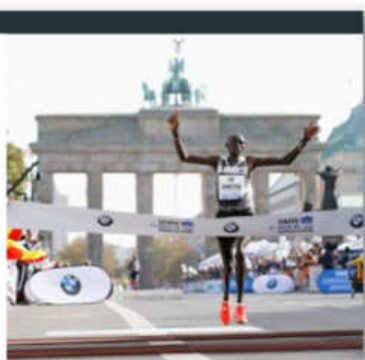
**The most difficult
marathon in the world
is no place for PBs.
Great views, though**



3 BERLIN MARATHON

Germany

Boasting the world-record mark of 2:02:57, the zippy Berlin course is a mecca for PB-chasers. Need more motivation? The oom-pah bands that dot the course are guaranteed to get you over the line in quick time.
September 25, 2016



6 TOKYO MARATHON

Japan

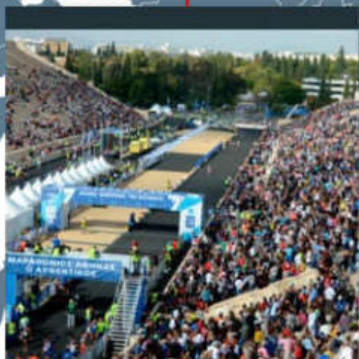
The masochistic pleasures of marathon running have long struck a chord with the Japanese psyche. Exhibit A: the 1.6 million spectators who line the course of this iconic race each year.
February 28, 2016



5 ATHENS MARATHON

Greece

Follow in the footsteps of Pheidippides as you retrace the route of the original marathon. Just don't follow the ancient's example and drop dead as you cross the finish line in the glorious Panathenaic Stadium.
November 8, 2015



HAVE RUNNERS, WILL TRAVEL

Want to run your race on foreign soil? In 2014, *Packed to the Rafters* star Hugh Sheridan flew to the US to run the New York Marathon, crossing the line in a tick over four hours. Follow his tips to hit your travelling stride

1 "You need to make sure that everything's consistent leading up to race day. Be consistent with your sleep, your diet, your daily exercise. Worried about the foreign food? Stay at a hotel that prepares standard Western fare. Worried about not sleeping on the plane? Don't take sleeping pills – you never know how your body will react. I find reading puts me to sleep. Read the phone book if you have to!"

2 "Ideally, you need to fly in at least 2-3 days before the race. Don't forget, the day before the race you'll be rushing around for registration. Then there's all the other gear you might need to organise. I wasn't prepared for how cold it was when I landed in New York, so I had to go out the night before and buy layers of clothing that I could strip off during the race."

3 "The 2014 New York marathon was the coldest in the race's history. I think it was 4°C when the starter's gun fired. If you're training in Australia, it's pretty hard to prepare for that sort of weather. But you can say to yourself: 'I'm going to take it easy early on in the race; I'm not going to buy into the speed of the other runners.'"

4 "If you're running overseas, you might not have a cheer squad on hand. But something that got me over the line was the knowledge that I was running to raise funds for the Australian Wildlife Conservancy. Having a purpose behind running a marathon is crucial. Knowing that you're running for a reason and that people have donated money is hugely empowering."

This month, Hugh is running the 2015 NYC Marathon to raise money for the Australian Wildlife Conservancy. To donate, visit crowdrise.com and search for "Hugh Sheridan".

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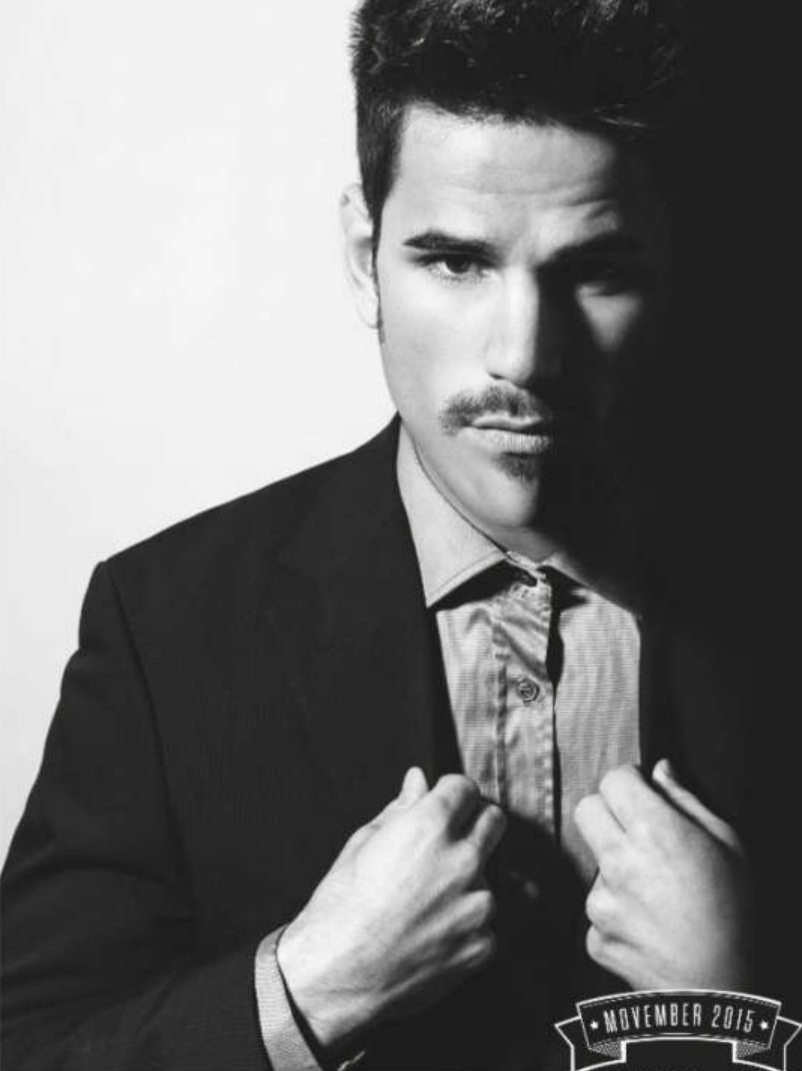
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GILLETTE THE BEST A MO CAN GET

FOLLOW THESE FIVE TIPS FROM GILLETTE'S OFFICIAL MO STYLIST, STEVE SALECICH, FOUNDER OF SYDNEY'S GRAND ROYAL BARBERS, ON HOW TO ACHIEVE YOUR DREAM MOUSTACHE THIS MOVEMBER



MOUSTACHE STYLE GUIDE



1 Choose wisely – it's not always easy to grow every style of Mo, so it's important to find one you can rock hard, as well as one that suits your style. Visit Movember's Facebook page and let the Gillette Mo Picker app help you find your inner Mo, then follow these steps to ensure your Mo is the best it can possibly be.

2 Be prepared – if your face hasn't seen the full light of day too regularly of late, a bit of prep will help ensure that first shave on November 1 goes smoothly. Shave straight after a shower when the hairs are softest, and use a hydrating shave gel like the Gillette Fusion ProGlide 2 in 1 Gel to really soften that bristle while also protecting your skin and improving the glide of your razor for minimum irritation.

3 Get the right tools for the job – invest in a good quality razor ahead of November 1, and you won't regret it. Not all razors are the same and the technology in something like the Gillette Fusion ProGlide FlexBall razor will make shaving a lot more enjoyable on day one, and when you're maintaining your Mo throughout Movember.

4 Keep your canvas clean – your Mo is going to stand out best when the rest of your face is smooth and clean, so make sure you're shaving regularly all around it. This also ensures you are constantly shaping it to get the result you're after – a month can go by pretty quickly!

5 Maintain that Mo – in addition to shaving around it, trimming your Mo regularly will help you to cultivate the shape and style you're after. A little beard oil combed through with the Movember 'Mo Comb' will help keep the hairs soft and manageable, so you can realise your mo-growing dreams.

The Fusion ProGlide with FlexBall™ Technology is a razor designed to move to meet a man's face.





MO-MENTOUS

Go with the flow and grow a killer mo



There's a lot more to Movember than the cultivation of dodgy lip furniture. The Movember Foundation has evolved into the leading global organisation committed to changing the face of men's health.

Springing to life in Australia back in 2003, the Movember community has raised \$660 million to date and funded over 800 men's health programs in 21 countries. This work is saving and improving the lives of men affected by prostate cancer, testicular cancer, poor mental health and

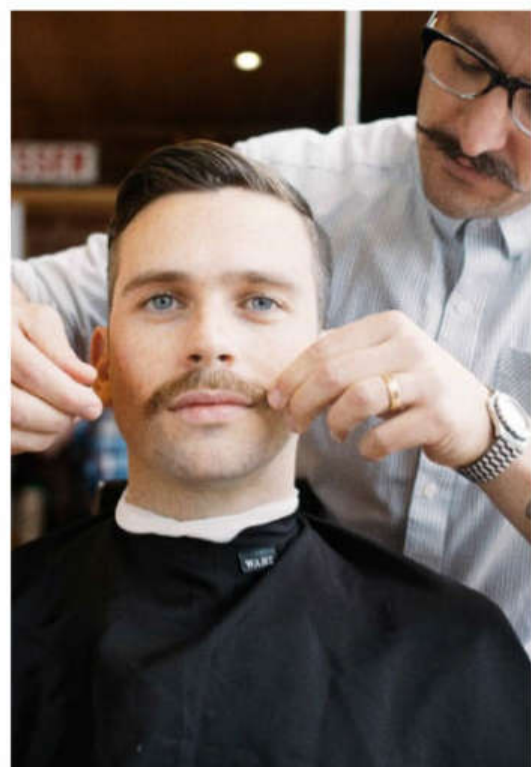
physical inactivity. The Movember Foundation challenges men to grow moustaches during Movember (formerly known as November), to spark conversation and raise vital funds for its men's health programs.

Australian men and women can sign up to grow or support a Mo at movember.com. Mo Bros start clean-shaven on the first of the month and grow the finest moustache they can muster in the 30 days, raising funds and awareness about men's health issues along the way.

ANDY HATTON



*A finely crafted
mo can change the
face of men's health
in Australia.*



MOVEMBER: THE RULES

1

Once registered at movember.com, each Mo Bro must begin the first of Movember with a clean-shaven face.

2

For the entire month of Movember, each Mo Bro must grow and groom a moustache.

3

Don't fake it. No beards, no goatees and no fake moustaches.

4

Use the power of the moustache to create conversation and raise funds for men's health.

5

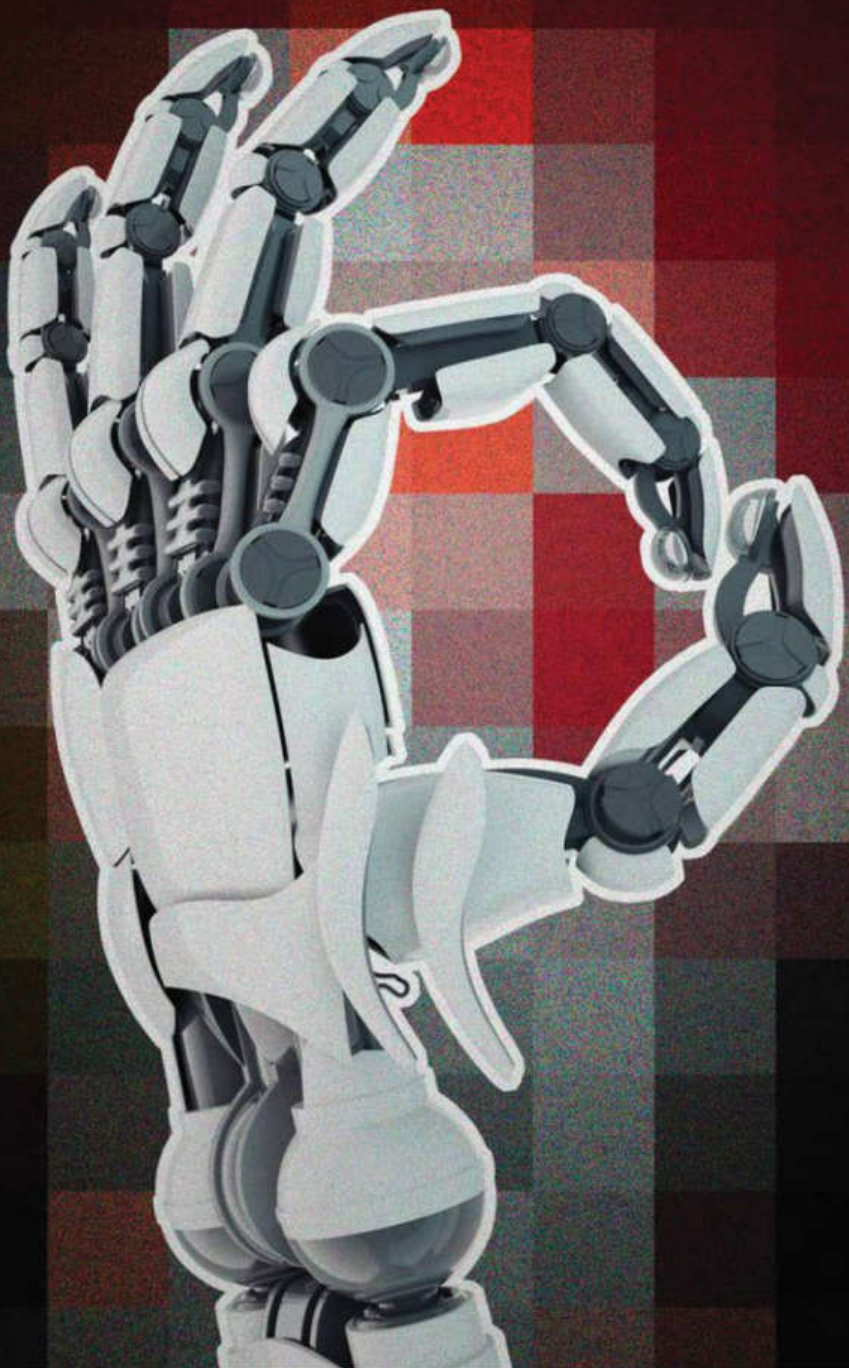
Each Mo Bro must conduct himself like a true gentleman.

Grow + Give + Move at movember.com

16 Inventions We Need Now

Driverless cars and wearable tech? Nice. But we'd pay big bucks for certain inventions inspired by everyday hassles and random musings

BY STEVE CALECHMAN



PLEASE INVENT...

True superfoods. The power of flight would be nice – or at least the ability to answer emails while sleeping.

Car-wash blowers in the gym showers.

Singles-only jury duty. Throw in a bowling alley and evening drinks and *voilà*: waiting lists. ("Your honour, we need to be sequestered.")

Short-term memory app. Records your day and reminds you if you took your multivitamin this morning.

Exchangeable first-aid items. Let us trade in 50 unused tiny Band-Aids for 20 regular-size.

Automatic parking spot locator.

Fitted sheets with directional arrows.

And on that note, a mattress that hovers.

Express lane at the doctor's surgery. When the five-minute buzzer sounds, you're done – even if the bleeding isn't.

Hamster-size bears. All that cute ferocity, none of the sphincter-loosening fear.

A DVR that detects rain delays and extra time.

Scarier incentives on cardio machines. Pixelated peaks?

Meh. Chase us with a snarling jaguar.

Hologram concerts. It'd be nice to know how Hendrix would have adapted to a kitchen-bench stage.

The Spoiler Block. Until you've watched the game or episode, all texts, tweets, posts and crawls are scrubbed.

A shoe-sizing sensor. When the fit is right, the light goes on.

High-beam brake lights for the prick on your tail.

DRY OFF LIKE AN OLYMPIAN

No towel service at your gym? A chamois, like the ones used by Olympic and professional divers, wicks up water and wrings out quickly. Microfibre towels, which come in many sizes, are nearly as good; they're thin and will fit easily in your gym bag.

Ginger Huber, professional diver with the Red Bull Cliff Diving World Series

DO A READ-THROUGH

If you need to remember something tomorrow, say it out loud to yourself several times. ("After I get coffee, buy her card.") Then form a visual image of actually doing it. Not only does this force you to pay attention, but linking the task to a daily activity cements it without relying on notes that you'll no doubt forget.

Dr Mark McDaniel, principal investigator at the Memory and Complex Learning Lab, Washington University

ZIG WHEN THEY ZAG

Some car parks now have signs directing you to available spots. Until they all do, look near an exit. Or, if the carpark's design is funneling you up, cut across and try going down.

Andy Miller, consultant with Carl Walker, a parking-design firm

BE PRECISE ABOUT PAIN

If you (or, more likely, your doctor) are seriously pressed for time, report exactly what you were doing when the hurt hit. He or she can unravel the mystery from there, easing the psychic pain of all your frantic Google searching.

Emergency physician Dr Paul Casey

WATCH WHILE YOU WORK

Do "television intervals". On an exercise bike or treadmill, work out at a perceived rate of exertion of five. But when the commercials come on, hammer it up to nine or 10.

Ted King, professional cyclist with Cannondale-Garmin Pro Cycling

STROLL THE STORE

Forget your shoe size: shoes can differ by a size and a half. Even if the fit feels good, walk around the store to check for rubbing. You'll wear them for years – it's worth a few minutes.

Billy Lovell, product developer at footwear company Justin Brands



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